THE SATURDAY EVENING POST

AIDS Strategy by Col. Burke

Founded A... Benj. Franklin

May/June '88 $1.95

Admiral Watkins Sails into AIDS

Seafood on the Grill

Public Services Go Private

What's Your Cholesterol Level?

Casey at the Bat

Jimmy Stewart

Croquet on a Roll

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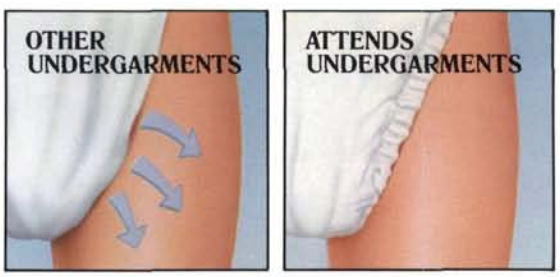

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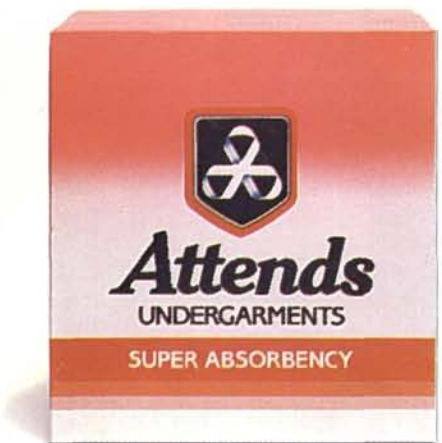

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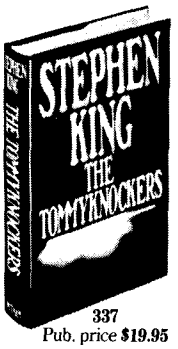

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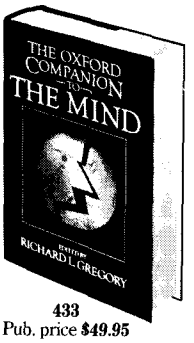

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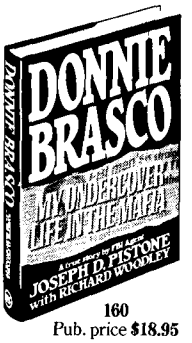

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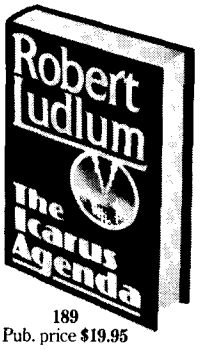

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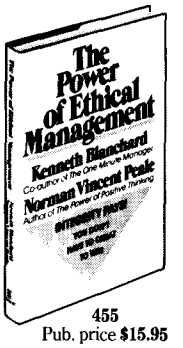

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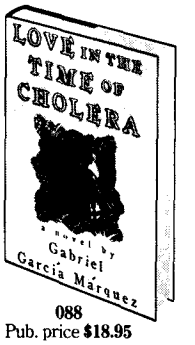

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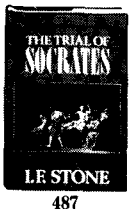

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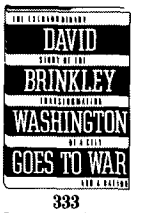

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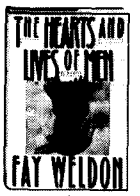

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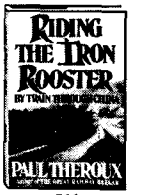

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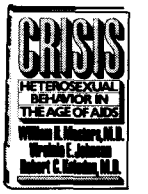

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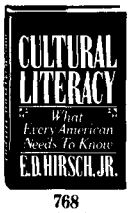

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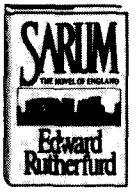

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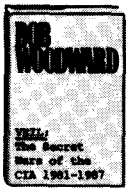

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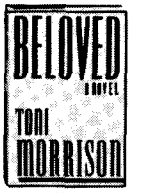

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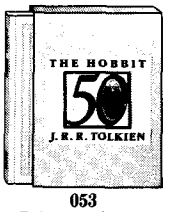

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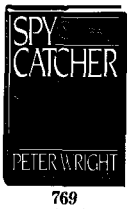

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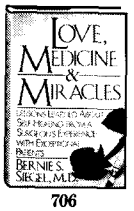

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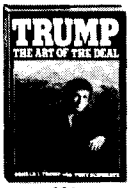

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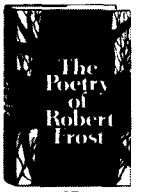

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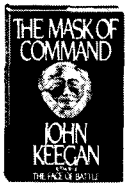

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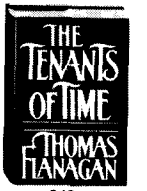

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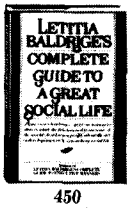

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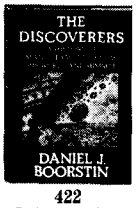

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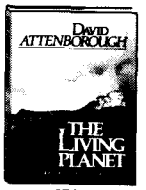

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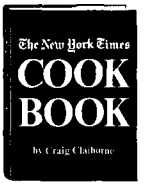

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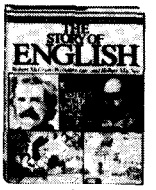

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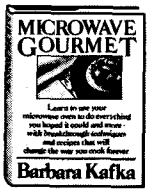

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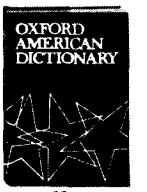

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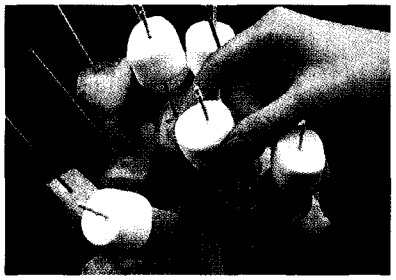
Adm. Jim Watkins—is being applauded for making waves as chairman of the Presidential Commission on the HIV Epidemic. **50**

Cities Are Saving Money—by turning their public services over to more efficient private firms. **30**



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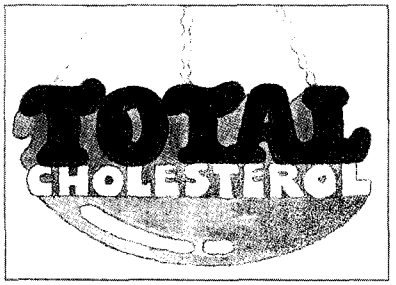

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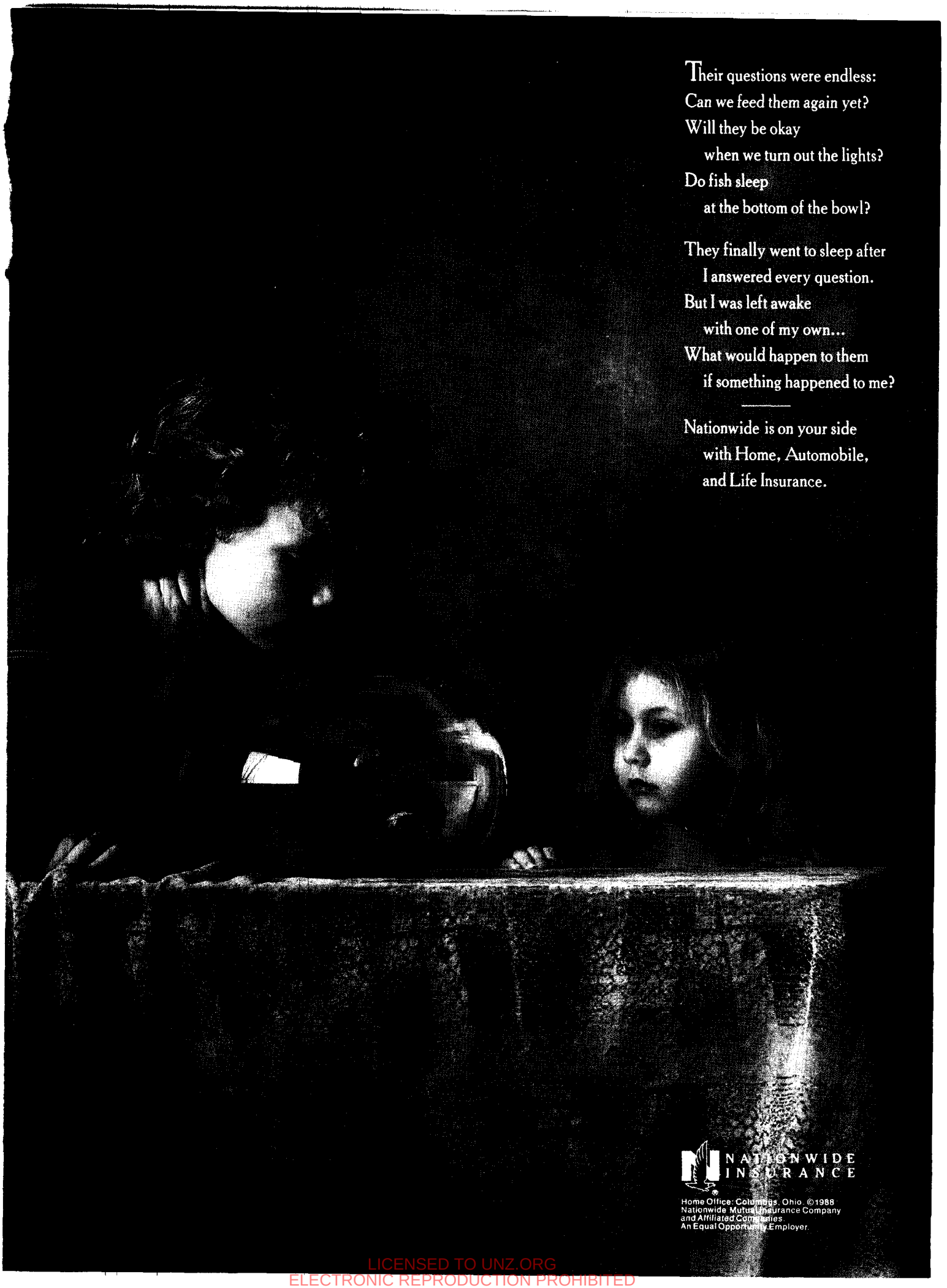

Their questions were endless:
Can we feed them again yet?
Will they be okay
when we turn out the lights?
Do fish sleep
at the bottom of the bowl?

They finally went to sleep after
I answered every question.
But I was left awake
with one of my own...
What would happen to them
if something happened to me?

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Jimmy Stewart Says—"I talk too slow to be a politician" . . . but the way he talks has won the votes of millions of fans the world over. **60**

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Casey at the Bat—The famous baseball poem is still a hit 100 years after its creation. **20**

Letters

Hoosiers Like Ryan White

Many thanks for the offer of radon-gas test kits. We have read so much about it, but no one has offered to help in this way. You are certainly doing your part to rid our homes of this terrible cancer-causing agent.

We look forward to your magazine each month. The articles are family oriented, with nothing but good, clean reading.

The March cover brings a special joy to us. Ryan White is a courageous young man whom most of our fellow Hoosiers admire . . . and shame on any who don't! We've grown to love that smile. Many of us have prayed for him and continue to do so.

The *Post* has never been better. Keep it up and we will too.

Doris Hardley
Warsaw, Indiana

Wants to Help Ryan

The March issue of your great magazine brought my emotions to a high pitch. And that's including two wet eyes, after I tried to read the story of Ryan White, twice.

The family certainly has much courage and faith, perhaps more than most. I only wish papers and such made more of this kind of positive and heartwarming story than some of the negative reporting they do.

The cover picture of this young man is so beautiful—it certainly brings out the beauty of a child at any age. I am keeping this issue, as it certainly hit me in tender-hearted places.

I thank you for this issue, and I wish there were some way I could help this kid as others have.

William Sears
Address Unknown

Incontinence Helped

Please send the book *Managing Incontinence.*

We use "Dry Comfort Diapers" for my husband's incontinence due to prostate cancer which was diagnosed in February of 1987. He had 35 radiation treatments. (His platelets were too low—his bleeding time was too long for surgery.) He had an embolism which caused a stroke in June of 1976 and he had a TUR (transurethral

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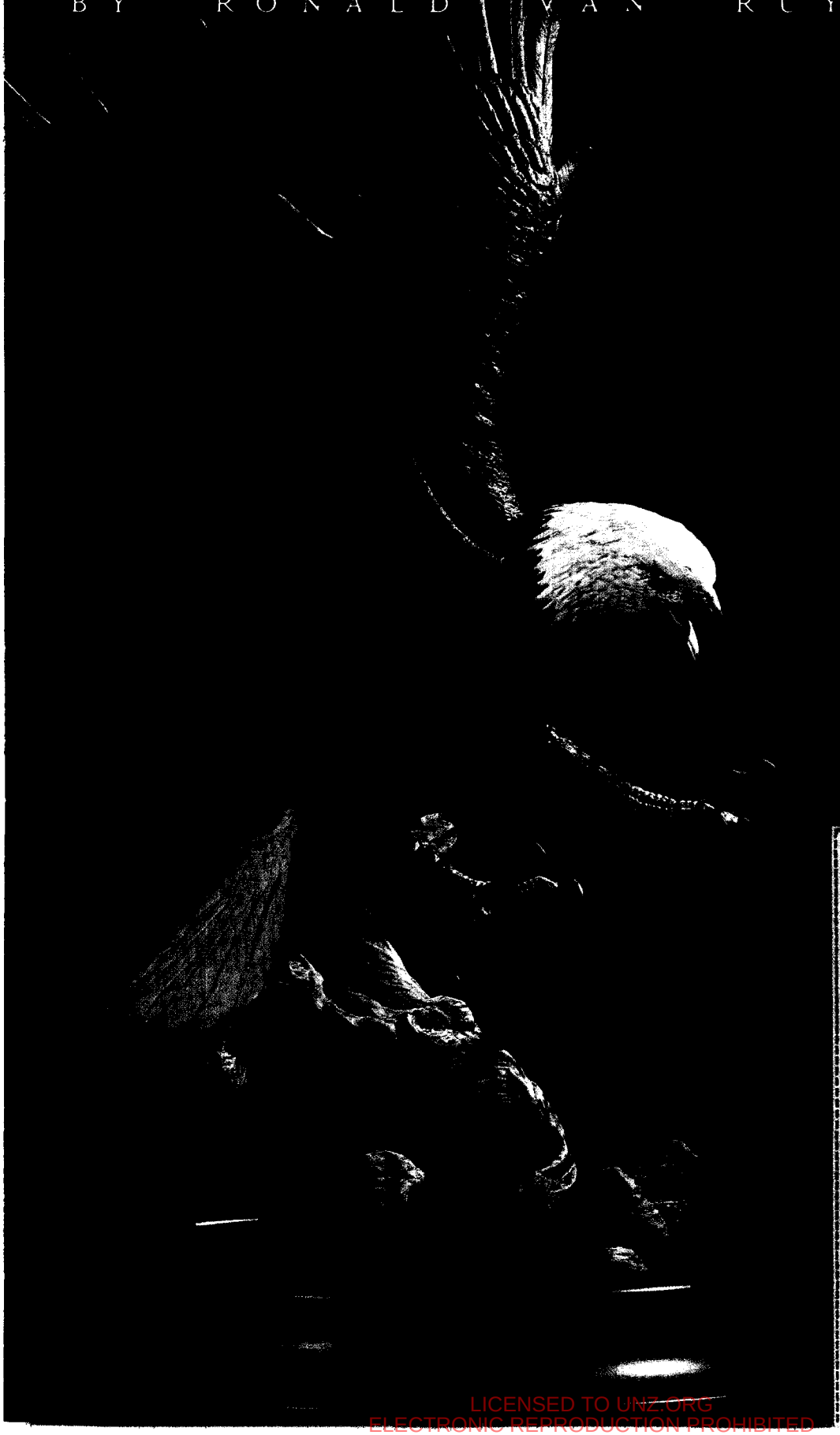
THE LIVING SYMBOL OF OUR NATION'S FREEDOM

AMERICAN MAJESTY

BY RONALD VAN RUYCKEVELT



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resection) in July of 1979.

Perhaps the lady in Farmington, Connecticut, would find these helpful. They cost $5.95 for ten briefs. [Manufacturer is Health Tec, Inc., 20 Wilbraham St., Palmer, MA 01069.]

Helen S. Stelzer
Tampa, Florida

Another Good Question

Love the map quiz in your magazine—"Where Do You Think You Are?" Is there a book of such quizzes available? It would make a perfect gift for people who love to travel and study maps. Thank you for this information.

Kathryn Devan
Pawling, New York

Coming Clean

Because we truly enjoy *The Saturday Evening Post* we got our children in Fort Wayne, Indiana, a subscription and to our delight have learned that our granddaughter, aged 14, is the first to "inhale" the contents of each issue. In lieu of an expression, "garbage in—garbage out," please continue to keep the contents clean and morally sound, especially for the younger, more impressionable minds.

Evelyn F. Bos
Tempe, Arizona

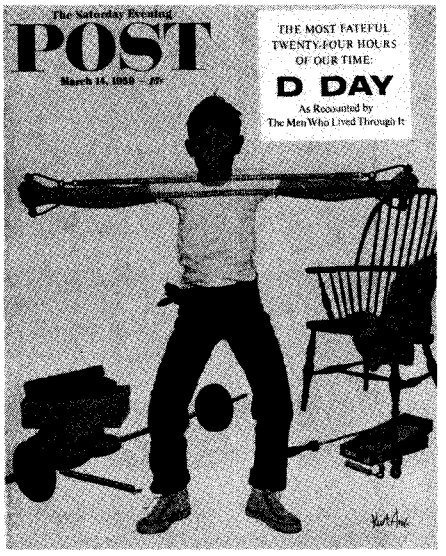
Does Magnesium Help Migraines?

My wife (and medical office manager) has alerted me to your fine articles on lung cancer and radon, colitis, and other health problems. In a recent letter to the editor, mention was made of an article on magnesium and possible effects on migraine-headache treatment. I would appreciate it if you could send me a reprint of that article.

Edwin L. Mueller, Jr., M.D.
San Antonio, Texas

Editor's note: We're sending you a reprint of "The Case for Magnesium," which explains the research of Dr. Kenneth Weaver. If you wish further information you might write to him c/o OB/GYN Department, East Tennessee State University, Johnson City, TN 37601.

"Isn't that nice? She's decided to join a nunnery instead!"


The Saturday Evening
POST
THE MOST FATEFUL TWENTY-FOUR HOURS OF OUR TIME:
D DAY
As Recounted by The Men Who Lived Through It

Beauty and the Biceps

I always knew that Arnold Schwarzenegger was more than just a hunk with an endless series of bulging muscles ("Arnold Schwarzenegger: More Than Muscles," March '88). To marry a talented beauty like Maria Shriver he had to have some brains and charm. His marriage was almost a real-life enactment of "Beauty and the Beast," except that Arnold is a little more handsome. Unlike this big-screen tough-guy, macho image, I was surprised to find out that Arnold is actually a tender, sensitive person with a sense of humor—he even loves to do the dishes! By the way, Schwarzenegger is a German name which means a very dark-complexioned person, which he is.

Kenneth L. Zimmerman
Cypress, California

But Seriously, Folks

Your magazine is excellent, and since I've gotten so many people to order your publication, I think it's about time I get my commission!

Now for the serious stuff. I've enclosed some pertinent information I feel should be given exposure through your magazine to the public. As you know, our press is biased, and very liberal—at many times un-American.

I think it is time for the Vietnam vets to get a break! Not to mention their families. Hence, some information about a new film that was blocked from our local theaters, *The Hanoi Hilton*. It has now been made into a home-video movie and is avail-

continued on following page

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THE SATURDAY EVENING POST/NORMAN ROCKWELL PURE-SILVER MEDALLION SERIES

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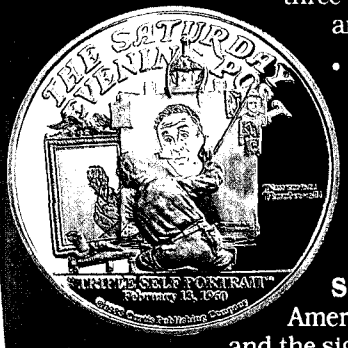

- Mintage is limited to 10,000 medallions per cover. They are rare collector's proofs.
- Each proof comes with a "Triple Certificate of Authenticity" which contains the authorized seal of the **The Saturday Evening Post,** the American Numismatic Association, and the signature of the Mintmaster.

You can now acquire this unique collection of silver art that captures the heart of America. The first four medallions have already been minted and are available for immediate purchase. One additional medallion will be created and sent to you each month until the series is completed.

Each silver proof medallion will be sealed in a clear, airtight capsule in order to protect it from handling. You will also receive a **FREE** solid-walnut wall plaque which displays all of these spectacular medallions at the same time.

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able for sale as well as rental, so hopefully you will give it good press. This will not come from our "elite media," who distort and twist events to fit their philosophy.

Please give this matter some serious consideration.

Mr. and Mrs. Thomas P. Matthews
La Mirada, California

Hope for Tennessee

In January 1987 I wrote to you to invite you to visit Sneedville (Hancock County), Tennessee, with your MAMMOBILE detection unit.

This is to renew the invitation. We're the 11th poorest county in the nation and have no other hope of obtaining screening mammography for the women who live here.

Thanks again for your consideration.

Michael Fine, M.D.
Hancock County Medical Clinic
Sneedville, Tennessee

Editor's note: Tell the ladies of Sneedville the MAMMOBILE will be in their county in early July this year.

Experts at Odds

I am a Certified Financial Planner, and have been in business for 15 years. I continue to be dismayed by Venita VanCaspel's simplistic opinions about life insurance and its problem-solving applications. I have personally selected whole-life insurance to meet two-thirds of my death-benefit needs. Some of the following reasons for my choice may serve to balance the "expert" advice her point of view promotes:

(1) Contrary to Ms. VanCaspel's theory that once you've accumulated your "living estate" the need for life insurance disappears, in most situations the need only changes. For example, we see many, many retiring individuals purchasing whole life in order to be able to safely maximize their pensions. Fewer than 10 percent of the death claims in the United States are proceeds from term insurance because the premiums become prohibitive at older ages.

(2) The term insurance I own was selected to address some specific, time-limited problems (fewer than ten years) where "renting" (term insurance) was, in fact, cheaper than "buying" (whole life).

(3) My whole-life premiums "disappear" after seven to nine years, while the coverage continues until I die.

(4) Those premiums will come back to us in the form of:

(a) a supplement to my retirement income, or

(b) as an income-tax-free, guaranteed death benefit, payable to my surviving aging spouse, to replenish her capital base. This means we can *safely* plan to spend part of our capital while we're both alive.

(5) Finally, the accumulating cash values (mine currently "earn" better than 9 percent tax deferred) have replaced my need for other emergency accounts.

In summary, it is my opinion that the first issue in life-insurance planning is the amount of death benefit needed. The second issue is how long the need will exist. Finally, the planner must consider how much premium the budget will permit.

Stephen C. Shrader, CFP
President
Shrader Financial Advisors, Inc.
Seattle, Washington

Not Skirting the Issue

In your March '88 issue—is Catherine Foster crazy? I grew up in the '60s with miniskirts, too. Short skirts are cold in winter, ugly, unfeminine, and uncomfortable to wear. I for one will never go back to short skirts, because skirts are easy to make and there are many budget and fashion-wise materials available. If Catherine Foster looked past materials such as wool she too could make longer skirts economically. Wait until she prices patterns—maybe she will decide that her short skirts aren't so great after all.

Nancy E. Perrine
King Ferry, New York

Through the Screening Door

In the "Medical Mailbox" section of the April '88 issue of the *SEP* you state, "There is no screening test for detecting non-A non-B hepatitis in donated blood." My question to you is: Are there any modes of high-risk behavior which would make an individual more susceptible to infection by non-A non-B hepatitis?

We know what the high-risk acts are for contracting AIDS. But I have heard of none well publicized for the various forms of hepatitis.

If these are widely known then blood banks can at least question would-be blood donors to prevent those at greater risk from giving. Conversely we could target those at low risk to recruit them to donate

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blood for a change. I believe that communities could supplement the work of blood banks by identifying and recruiting healthy and sexually moral nondonors.

Harry Geller
Chattanooga, Tennessee

Editor's note: The same people who are at high risk for AIDS have traditionally been at high risk for non-A non-B hepatitis. Deferring their blood due to the AIDS crisis will simultaneously alleviate much of the transfusion-transmitted hepatitis problem. You are right about the need for recruiting healthy and monogamous blood donors.

Enough Already!

I am writing to ask that you please stop articles about AIDS. It is so depressing and I do not subscribe for that.

We hear it constantly on TV news and never an encouraging word, so it should not be in a magazine as popular as yours.

M. Kathrine Connet
Spokane, Washington

Not Sick of AIDS

"Sick of AIDS" in your December '87 issue should feel proud of herself for knowing so much about AIDS.

But not all of us are as well informed as her. I am a housewife with three little girls, and the more I read about AIDS, the more I seem to learn about it.

This is a very new disease, and because it's becoming widespread, it should be as well-known as the common cold.

Faye Ashurst
Elbert, Colorado

Editor's note: Your state of Colorado has done an outstanding job of educating its citizenry to prevent the spread of AIDS. Any readers who want to help fight AIDS could do so with their pens by writing letters to their own state legislators, urging them to adopt Colorado's confidential reporting and contact tracing laws. Tell the legislators about Colorado State Health Commissioner Dr. Tom Vernon (see page 12). Tell them that you believe your state should follow Dr. Vernon's bold and medically sound public health procedures for preventing the spread of AIDS. He is saving his state millions of dollars and heartaches in preventing future AIDS casualties.

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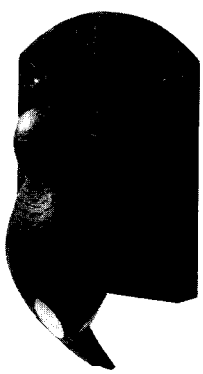

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THE PROMISE OF IRRADIATED FOODS

Exposing food to gamma rays can preserve it for years, alleviate the problem of food-borne disease, and deliver the Third World from post-harvest spoilage. But is it safe?

by Paul SerVaas

Although many people have never heard of food irradiation, it is not new. In 1908 it was discovered that X-rays can kill off unwanted beetles on tobacco plants. Twelve years later a French scientist discovered that ionizing radiation can be used to preserve foods. During and after World War II, the U.S. Army conducted studies on the use of irradiation to preserve poultry, seafood, and ground meat. This led, in 1958, to Congress' recognizing food irradiation as being potentially beneficial. To ensure safety, Congress demanded that the FDA test it as a "food additive" rather than a food process. This distinction, while not exactly accurate, ensured that irradiated foods would have to undergo more stringent testing. It also meant that any approved foods would have to be labeled as having been irradiated.

Until recently, most food companies have had cheaper chemical alternatives to irradiation and have largely ignored the technology. An initial user was NASA. Almost from the beginning, our astronauts have been fed food preserved by irradiation. Hospitals have used irradiation as a way to serve germ-free meals to those patients whose immune systems have been impaired. The AIDS epidemic may accelerate this use.

Still, if you are like most Americans, you may never have eaten irradiated food. You have, however, ingested something called ethylene dibromide (EDB). Until it was recently banned as a carcinogen, fumigating grains, fruits, and vegetables with EDB was one of the cheaper alternatives to irradiation that food companies could use. EDB was replaced by many food companies with methyl bromide. Now it too is suspected of being a carcinogen. If methyl bromide is banned, many experts predict irradiation will take its place. Whether it does depends largely on how consumers react. The word "irradiation" alone is enough to scare many people off. Ironically, the residue left by chemical fumigants is never mentioned on food labels. Irradiation, which leaves no residue, must be prominently disclosed on food labels.

Look for this international logo to appear on all irradiated foods sold in the U.S.

Post-harvest disinfestation and preservation of foods is not something we can do without. In the Third World, where neither chemicals nor irradiation is used, 25 to 30 percent of harvested foods is lost to spoilage and pests. Success in handling foods after the harvest is a big part of the American agricultural revolution. To protect this miracle, the FDA delayed banning EDB for some years. Part of the reason was that there were no good alternatives for ridding our foods of insects. In 1986, fruits and vegetables were approved for low-dose irradiation and then shortly after EDB was finally banned. Although the FDA spent years openly reviewing hundreds of studies before making this decision, controversy immediately ensued. Among other things, detractors of irradiation think that the timing was suspicious, and they worry that more studies should have been done.

If you have not seen irradiation labels at the grocers' yet, it is because irradiation processing plants are expensive to build. They must be operated at a high volume to be cost-effective. At these plants, food is conveyed past a radiation source where it receives a measured dosage. Although low-dose irradiation will not change the taste of the food, cause any radioactivity, or leave any residue, it remains to be seen whether enough people will eat it. The food industry is content to hold off for now, afraid that an unknowing public will reject "irradiated food" as an oxymoron— a contradiction in terms. Just in case the food industry tries to introduce it, anti-irradiation activists have put them on notice that they will demonstrate against grocers that sell irradiated foods. They have also persuaded some Congressmen to seek legislation to overrule the FDA. Maine became the first state to ban the sale of all irradiated foods except spices. The New Jersey legislature tried to do the same thing, but the bill was pocket-vetoed by Governor Kean.

Politics aside, the scientific evidence overwhelmingly supports the FDA's decision. Hundreds of studies carried out over 30 years of testing appear to substantiate the safety and efficacy of low-dose irradiation. Supporters include the American Medical Association, the World Health Organization, the Institute of Food Technologists, and the United Nations' Food and Agriculture Organization. Countries that allow a higher

continued on page 108

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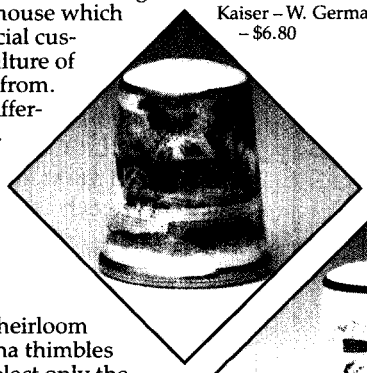
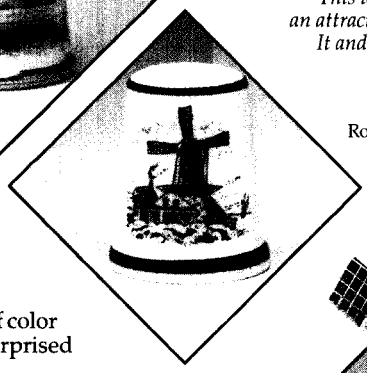


Kaiser – W. Germany – $6.80



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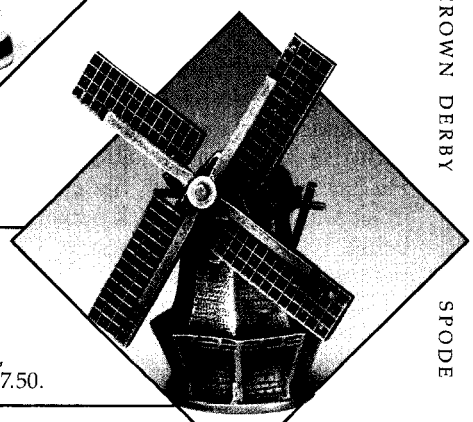

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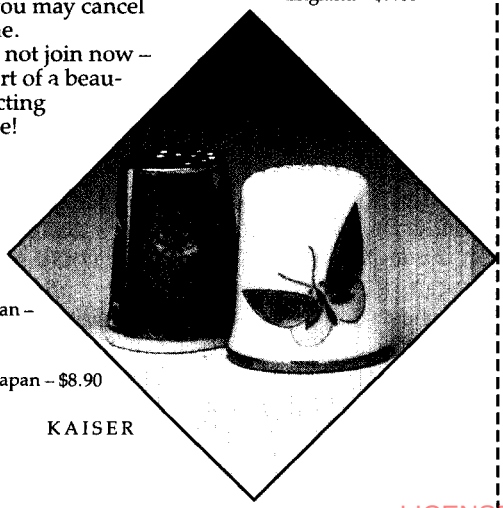

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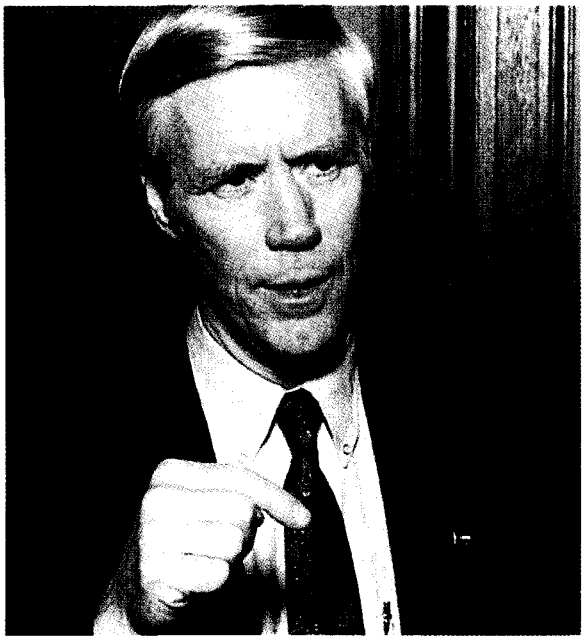
Post People



Dr. Tom Vernon, the new president of the Association of State and Territorial Health Officials, is lauded because he has made Colorado a model state for attacking the spread of AIDS. In Western style, he shot holes in the theory that mandatory reporting of positive AIDS tests to the department of health would drive high-risk individuals underground. He has shown that, on the contrary, in his state *more* high-risk persons are being tested. Forty thousand Coloradans have been tested.

The Colorado "walk in" testing sites are free and easily available—no appointments are necessary. Eighty percent of the persons notified by "contact tracing" have come in for voluntary, confidential testing; of those, 17 percent have proven to be infected and have been counseled.

Other states are following Colorado's example. Colorado health officials credit Dr. Vernon for having put the AIDS program in the hands of the Sexually Transmitted Disease (STD) Department, in which personnel were already trained to deal with confidential reporting, contact tracing, and counseling for sensitive diseases such as syphilis and gonorrhea. "By not making AIDS a separate department we were able to hit the ground running in Colorado," said Fred Wolf, director of the STD and AIDS program at the Colorado Department of Public Health. He explained, "We were the first state to implement reporting in 1985—more and more states are now passing reporting regulations all the time. Because of the national controversy about reporting and the politics of the situation, the implementation of that *public health disease control measure* and *problem assessment measure* has been slower than it normally would have been in our opinion."

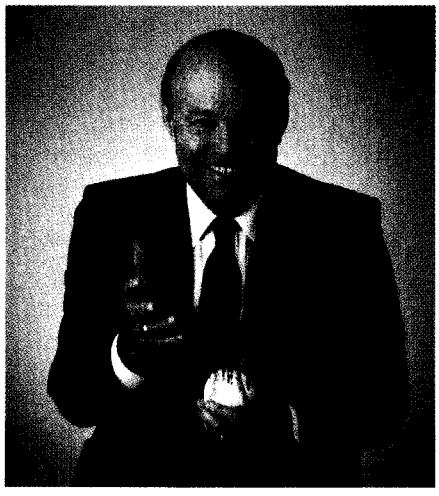
Anonymous testing is not done in Colorado. They have never experienced a breach in confidentiality.

Leaving ***Garrison Keillor***'s fictitious hometown of Lake Wobegon proved "so much fun" that the writer-humorist is staging an encore at Radio City Music Hall, June 3 and 4. "A Prairie Home Companion: the 2nd Annual Farewell Performance" features commercial parodies; musical numbers by popular Wobegon guests of the past; and a monologue about "the little town that time forgot."

If you can't make the bash, not to worry. The two-hour production will also be broadcast live on the night of June 4 over the American Public Radio Network. Keillor believes the country is ripe for a "national outpouring of grief," and he says the performance will present "heart-rending scenes not seen since the demise of the Kate Smith show."

Although 1971 marked ***Helen Hayes***' retirement from the stage, she has managed to stay in the public eye—currently by co-writing *Where the Truth Lies,* about a murder at the Academy Awards.

"I've said harsh things about Hollywood," the actress confesses, "but anything I've said is totally justified." But when her late husband, the playwright Charles MacArthur, complained about the way he was treated, Miss Hayes finally told him, "If you came out here for the money, take it and shut up."



NBC's ***Joe Garagiola*** had given up writing a sequel to *Baseball Is a Funny Game* (1960). But his daughter Gina has nagged him into compiling *It's Anybody's Ballgame.*

Where else could you read Casey Stengel's philosophy: "There comes a time in every man's life, and I've had plenty of them"? Or Sparky Anderson's: "There's nothing wrong with his shoulder except some pain—and pain don't hurt you"? And then Pete Rose . . . but you get the idea.

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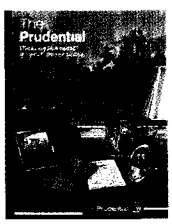

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GOD'S OWN CHILD

by Nancy Leffel Wilson

Who is that lady, small and spry,
Who never lets a day go by
Without a thought of you and me
And nature's sweet simplicity?
Whose hands can quickly touch and bring
A work of art from a simple thing;
Whose youthful spirit wanders free
Into a woods or up a tree . . .

She never lets life get her down;
She's not too proud to play the clown.
In every melody she plays
She marks the zest of all her days.

She's a lady like no other . . .
She's God's own child,
my friend,
my mother.

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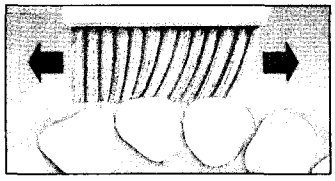

Conventional brushes skate broadly over tooth surface.

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The plaque your toothbrush leaves behind can lead to serious tooth and gum diseases. In fact, the American Academy of Periodontology says 100 million Americans now have periodontal (gum) disease—nearly a third in an advanced stage.

"At last, my patients enjoy using a product we recommend."
—Dr. J.W. Blackman, III
Winston-Salem, NC

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This new grey model is available only from The Sharper Image. Automatically recharged at the base (plugs into wall outlet). On/off switch gives you three cleaning speeds. 10½" long, 1½" diameter, 8 oz. Comes with two interchangeable heads. One-year warranty. Choose grey or original white color.

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—Dr. L.K. Yorn
Cedar Grove, NJ

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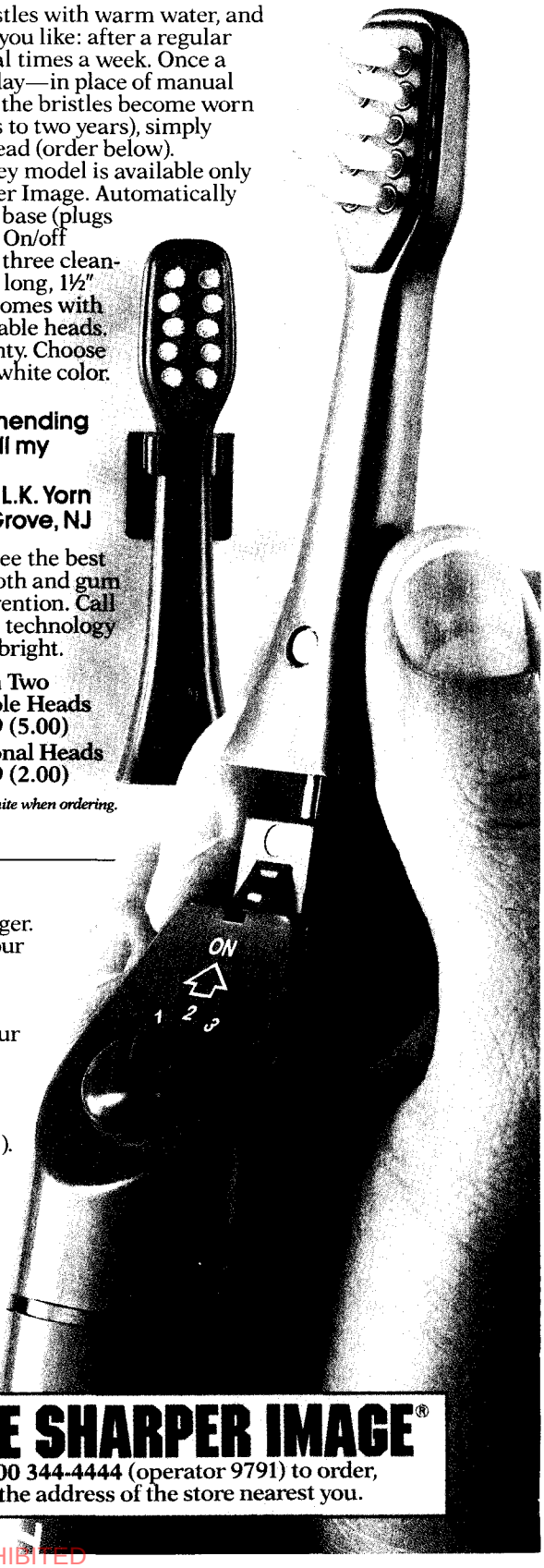
- **Interplak with Two Interchangeable Heads #MDR410 $99 (5.00)**
- **Pair of Additional Heads #MDR412 $29 (2.00)**

Please indicate grey or white when ordering.



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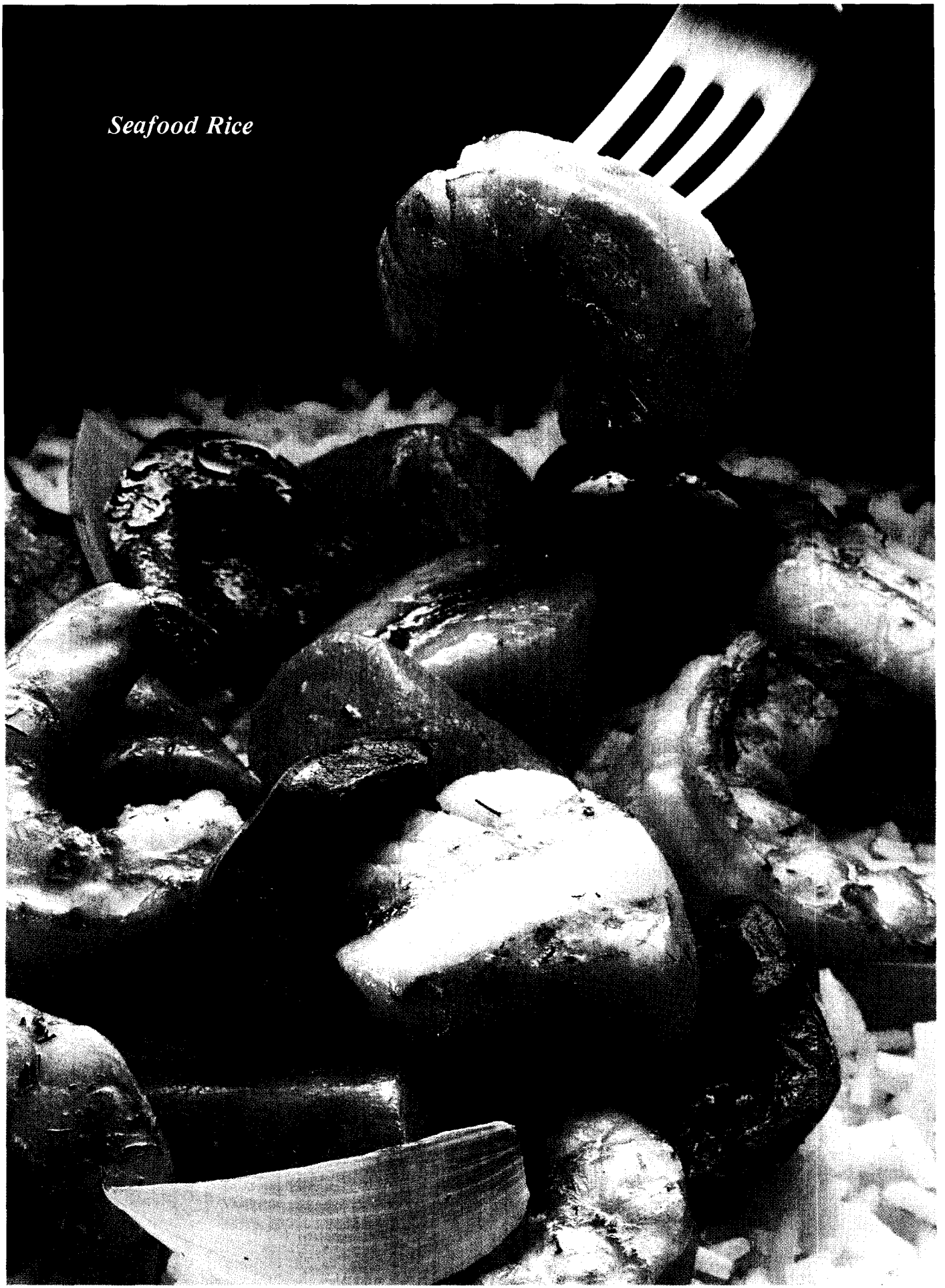

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GRATE IDEAS FOR SPRING

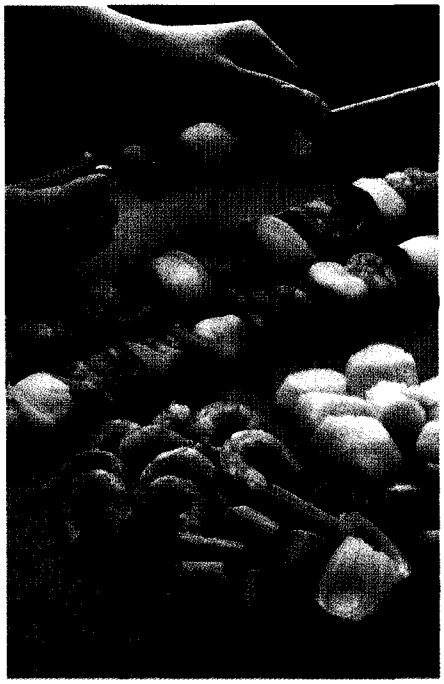
Grilling seafood, fruits, and vegetables can turn a common backyard cook into a gourmet chef.

by Allen Simon

Grilling foods over glowing coals is one of the oldest methods of cooking, and many believe it to be the best method. The dry heat of the barbecue seals in flavor and allows the excess fats in meats to drip away rather than be sealed in as in frying.

Grilling also improves the flavor of fish, vegetables, and fruits. Seafood especially is perfectly suited to this straightforward form of cooking. Most fish are self-basting and require no additional butter or oil; however, certain lean fish, such as swordfish and sea bass, benefit from soaking in oil before grilling to prevent their drying out. Clams and oysters can be grilled in their shells over medium-high heat. After the shells open, a little oil and wine may be added to oysters and allowed to simmer briefly.

The following seafood barbecue recipes are designed for gas-grill cooking. Some require grill-safe utensils and grill hoods for steaming. Remember to turn grilled foods frequently to prevent charring, which can produce carcinogens, especially on charcoal or mesquite fires.



Seafood Kabobs
(Makes 4 kabobs)

1 recipe Seasoned Baste (below)
1 large green pepper, cut into 16 pieces
1 medium onion, quartered and separated into pieces
4 medium carrots, cut into 1½" pieces
16 sea scallops (about 1 lb.)
24 large or jumbo shrimp (about 1 lb.), shelled and deveined

Prepare baste as directed. Set aside. Parboil green pepper, onion, and carrots until tender-crisp, 10-12 minutes. Rinse in cold water. Set aside. Season cooking grid with vegetable oil. Preheat grill 10 minutes.

Alternate vegetables, scallops, and shrimp on four 16-18" skewers. Place kabobs on cooking grid. Brush with baste. Grill at Medium with hood closed until seafood is opaque and firm, 15-18 minutes. Turn over and brush with baste several times.

Seafood Rice
(Makes 6 servings)

1 cup uncooked long-grain white rice
¼ cup chopped green pepper
¼ cup chopped onion
1 teaspoon salt, if desired
2 cups water
1 package (6 oz.) frozen cooked crab meat and shrimp, thawed
1 tablespoon snipped fresh parsley
1 cup picante sauce

In 3-quart grill-safe casserole, combine rice, green pepper, onion, and salt. Stir in water. Cover. Remove cooking grid. Place casserole directly on lava-rock grate, arranging rocks

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around dish. (If your grill has two burners, cook over one burner only.) Cook at High with hood open until mixture boils. Re-cover. Reduce heat to Low. Cook with hood closed until water is absorbed, about 15 minutes. Stir in seafood, parsley, and picante sauce. Cook and stir with hood open until heated through, 1-2 minutes.

Seasoned Baste
(Makes about ¼ cup)

¼ cup margarine, softened
½ teaspoon paprika
¼ teaspoon onion salt
1 clove garlic, minced

In grill-safe custard cup, blend all ingredients. Place on edge of cooking grid or upper cooking rack. Remove from grill when margarine melts. Brush on seafood and fish or vegetables during grilling.

Dill Lemon Butter: Follow recipe above; omit paprika. Add ½ teaspoon dried dill weed and ½ teaspoon grated lemon peel. Brush on fish or seafood during grilling.

Teriyaki Sauce
(Makes about 1 cup)

½ cup soy sauce
⅓ cup vegetable oil
2 tablespoons light corn syrup
2 tablespoons white-wine vinegar
2 cloves garlic, minced
1 teaspoon ground ginger
1 teaspoon dry mustard

In small mixing bowl, blend all ingredients. Pour over poultry or shrimp. Cover dish or close bag. Refrigerate at least 8 hours.

Sauces and bastes high in sugar burn easily, so apply them during the last 10-20 minutes of grilling. Use a long-handled basting brush with soft bristles to thoroughly coat the meat, poultry, or seafood.

Herbed Marinade
(Makes about ½ cup)

½ cup olive seed oil
Dash of white-wine vinegar
1 teaspoon chopped fresh or crumbled dried herb
Few drops of lemon juice

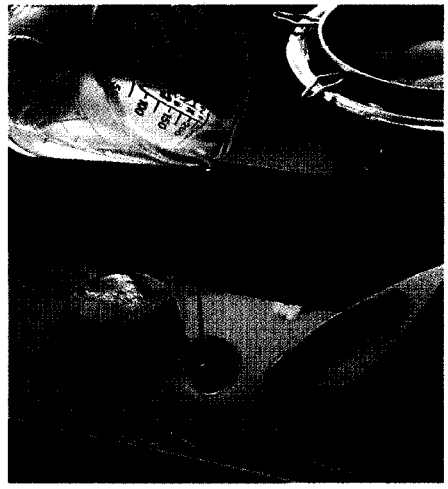
Combine all ingredients in bowl. Mix with whisk. Marinate fish 15-30 minutes before grilling, or use herbed oil to baste food just before and during grilling.

Broiled Shrimp with Seafood Sauce
(Makes 4 servings)

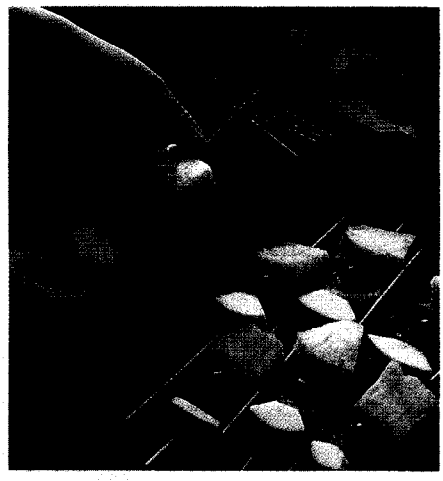
½ cup chili sauce
½ cup ketchup
1 tablespoon lemon juice
6 cups water
2 tablespoons pickling spice

How to Make Hawaiian Fruit Kabobs

Remove crown, stem, and core of one pineapple half. Slice off rind in lengthwise strips. Cut away eyes. Cut pineapple half into twelve 2″ wedges. Set other pineapple half aside.

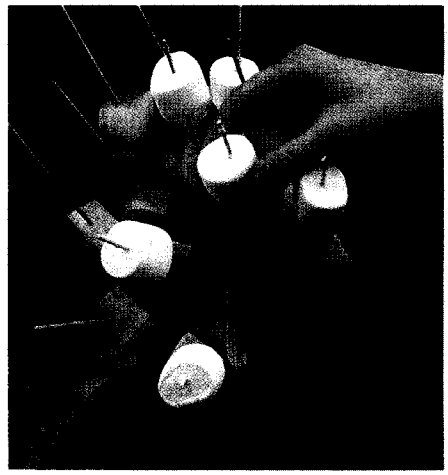


Preheat grill 10 minutes. Drain apricot halves; reserve ½ cup juice. Set apricots aside. In 13″ x 9″ grill-safe baking dish, combine apricot juice, brown sugar, honey, rum, and cinnamon. Set aside.



Place 1 cherry in center of each of 12 apricot halves. Alternate pear, apricots with cherries, and pineapple on twelve 10-12″ skewers. Arrange in dish with sauce. Place dish on cooking grid.

Place remaining pineapple half, cut-side down, on cooking grid. Grill at Medium with hood closed until pineapple half is seared with grid lines, about 5 minutes. Turn pineapple over.



Push tip of each skewer into cut side of pineapple; stand skewers upright. Place 1 marshmallow on end of each skewer. Grill with hood open until marshmallows are warm, about 1 minute.

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1 pound large or jumbo shrimp, shelled and deveined

In small mixing bowl, mix chili sauce, ketchup, and lemon juice. Set aside. Place water in 3-quart grill-safe casserole. Tie pickling spice in small piece of cheesecloth. Place in water. Cover. Remove cooking grid. Place casserole directly on lava-rock grate; arrange rocks around dish. (If your grill has two burners, cook over one burner only.) Cook at High with hood open until water boils. Boil 10 minutes. Add shrimp. Reduce heat to Medium. Cook until shrimp are opaque and firm, 5-8 minutes; stir occasionally. Remove from heat. Drain shrimp. Serve warm or cold with sauce.

Hawaiian Fruit Kabobs
(Makes 12 kabobs)

1 fresh pineapple, cut in half lengthwise
1 can (16 oz.) apricot halves
¼ cup packed brown sugar
2 tablespoons honey
2 tablespoons rum, if desired
¼ teaspoon ground cinnamon
12 maraschino cherries
1 medium pear, cut into 12 chunks
12 large marshmallows, if desired

Shrimp Scampi
(Makes 4 servings)

½ cup margarine
2 tablespoons olive oil
3 cloves garlic, minced
1 pound large or jumbo shrimp, shelled and deveined
2 tablespoons snipped parsley
2 tablespoons dry white wine
1 tablespoon lemon juice
Salt, if desired, and pepper
Hot cooked rice

In 2½-quart grill-safe casserole, combine margarine, oil, and garlic. Remove cooking grid. Place casserole directly on lava-rock grate; arrange rocks around dish. (If your grill has two burners, cook over one burner only.) Cook at High with hood open until margarine melts. Add shrimp. Cook and stir until shrimp are opaque and firm, 5-8 minutes. Remove shrimp from margarine. Stir in remaining ingredients except rice. Cook and stir at High 1 minute. Stir in shrimp. Serve with rice.

Recipes and photos supplied courtesy of Preway Industries, Inc.

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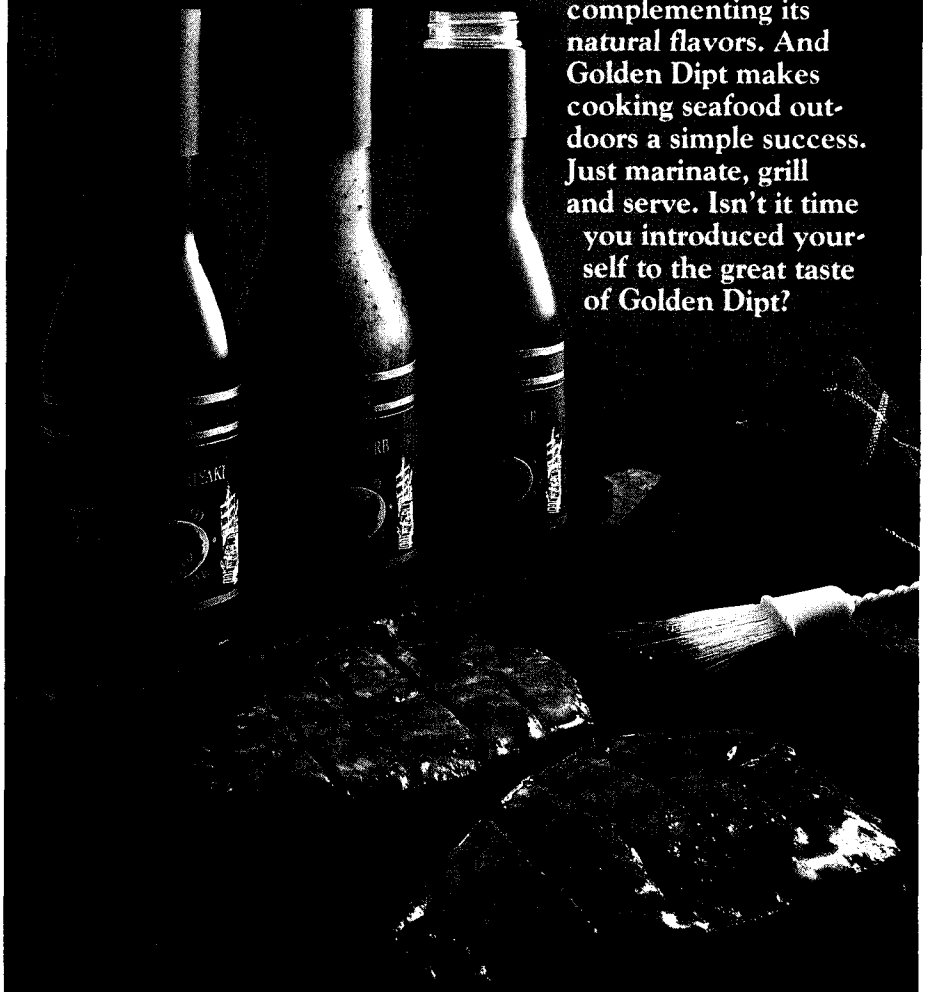

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CASEY HITS 100

To the great embarrassment of its author, a Phi Beta Kappa Harvard graduate, a bit of doggerel penned in 1888 became baseball's most beloved literary classic.

by Benno Isaacs

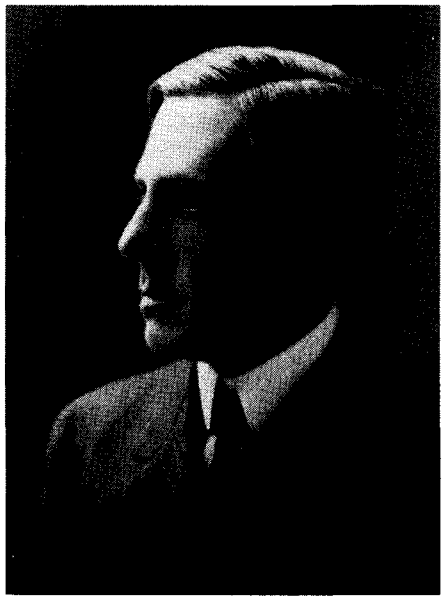
Illustrated by Paul Nonnast

Remember *Casey at the Bat*, that all-American classic with the say-it-isn't-so ending? It celebrates its 100th birthday this summer.

During the past century it has inspired movies—silents, talkies, Disney productions—poems, recordings, TV productions, and even an opera that traveled America and played Japan. And with the passing of time it has come to be regarded as the most famous American sports poem ever written.

"You could look it up," as another mighty baseball Casey—the former manager of the New York Yankees Casey Stengel—used to say.

If you do, you'll find that the poems about that poem include a series by Grantland Rice and *Growltiger's Last Stand*, a parody by T. S. Eliot about a cat, featured in the Broadway and London musical hit *Cats*. It has even been incorporated in the Penn and Teller magic act, in theaters nationally and on television. Penn speed-reads *Casey* as Teller, trussed in a straitjacket and suspended by his ankles above a bed of spikes, tries to wriggle free before the poem is completed.



Agreeing with the critics that it was maudlin, Ernest Lawrence Thayer tried to dissociate himself from his poem.

You'll also discover that two of the poem's most memorable recordings were narrated by that legendary thespian Lionel Barrymore—with sound effects—and by the also legendary former New York Yankee golden voice Mel Allen. Mel did his emoting on a Golden record.

But now, the plot thickens . . . for *Casey at the Bat* isn't what it seems!

How many are aware that it was written by a Harvard philosophy scholar? And how many realize that it was first published by one of America's most controversial newspaper magnates? Both appreciated the heartfelt, cornball emotions we lavish on child's play and straw heroes. Neither thought it was worth more than a filler for a daily newspaper.

And, though almost everyone remembers Casey's shattering strikeout, it's only the rare individual who knows about the modest writer who put that ineffectual bat in Casey's hands. It seems a shame, but the fact is that the author originally wanted it that way.

The truth is that *Casey*'s creator,

continued on page 112

"When responding to the cheers, he lightly doffed his hat, / No stranger in the crowd could doubt 'twas Casey at the bat."

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A charming addition to the *Yolanda's Picture-Perfect Babies* collection by celebrated artist Yolanda Bello, "Sarah" captures the sparkling personality and exuberant spirit of a bouncing baby girl. Commissioned exclusively by the Ashton-Drake Galleries, she represents the centuries-old tradition of classic character dolls – dolls so treasured, many become heirloom collectibles cherished for generations.

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A STRATEGY TO PREVENT THE SPREAD OF AIDS

Dr. Burke's strategy, presented in Nashville to the Presidential Commission on the HIV Epidemic, met with resounding support from most members.

by Col. Donald S. Burke, M.D.

The Presidential Commission on the HIV Epidemic has heard ample opinion from witnesses on the theoretical adverse effects of HIV screening programs. I would like to directly address, and thereby refute, some of the more common misconceptions and concerns about HIV screening:

Misconception # 1: "False-positive test results are common."

Fact: The false-positive error rate in the army HIV screening program has been measured to be only 1 out of every 135,000 persons tested. The fact that false-positive rates are unacceptably high in some private-sector laboratories is a direct consequence of the feeble quality-control programs implemented by civilian public-health authorities. The problem of false-positive test results is eminently correctable; it does not reflect any inherent technical limitations of the testing methods.

After armchair analysts' *theories* about false positives and high costs of testing, Colonel Burke's testimony was "as refreshing as a cold shower," one AIDS commissioner said.

Misconception # 2: "HIV screening is not cost-effective."

Fact: Laboratory test costs are $4 per person screened in the army program. Among civilian applicants for military service, the cost per case detected is about $2,500 nationwide. The cost in the New York, Washington, and San Francisco areas is about $300 per case detected.

Misconception # 3: "The logistical problems of setting up a program for HIV screening are insurmountable."

Fact: On August 30, 1985, Deputy Secretary of Defense Mr. Taft directed that all applicants for military service would be tested. Within six weeks, the program was in full operation with 60,000 persons tested each month.

Misconception # 4: "Suicides are commonplace when wide-scale testing is implemented."

Fact: Among the 1.8 million applicants for military service who have been screened during the past 2½ years, there have been 3,000 persons found to be HIV-infected. All have been informed of their infected status. No one has committed suicide as a consequence of learning of the test results.

Misconception # 5: "The requirement for pretest counseling renders routine testing programs prohibitively expensive."

Fact: For civilian applicants for military service, "pretest counseling" consists of distribution of a one-page fact sheet. Individualized, one-on-one counseling is provided only as post-test counseling to persons who have tested seropositive.

Misconception # 6: "Because there is no cure for HIV, testing is useless."

Fact: HIV-infected persons are directly benefited by knowledge of their infected status. First, they can be assured of prompt diagnosis and effective therapy of opportunistic infections. Second, HIV-infected persons who know their infected status may be able to slow progression of AIDS by careful attention to diet, physical fitness, and avoidance of other infectious diseases. Third, HIV-infected persons can avoid the guilt and pain of having unwittingly transmitted potentially fatal HIV infections to their lovers or spouses.

Misconception # 7: "Wide-scale screening for HIV will drive the epidemic underground."

continued on page 91

Editor's note: Colonel Burke, currently the chief of the Department of Virus Diseases at the Walter Reed Army Institute of Research in Washington, D.C., received his M.D. from Harvard Medical School. After junior and senior residencies in internal medicine on the Harvard Medical Services at Boston City Hospital and Massachusetts General, and training as a research fellow in infectious diseases at the Walter Reed Army Institute of Research, he spent six years in Thailand conducting medical research on epidemic tropical diseases. Today his duties at Walter Reed include responsibility for the design, conduct, and quality control of army HIV screening programs. He also serves as an attending physician, providing medical care to patients with AIDS and other manifestations of HIV infection.

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Soon after Bessie Pease Gutmann introduced her original lithograph of "Awakening," this portrait of a happy, wide-eyed baby became a beloved part of millions of American homes. Now, "Awakening" appears for the *first time on an officially authorized, limited edition collector plate.* Art connoisseurs and Gutmann collectors alike are expected to compete heavily to own this first issue plate—especially since her 1985 "In Disgrace" plate already has been quoted as high as double its issue price!

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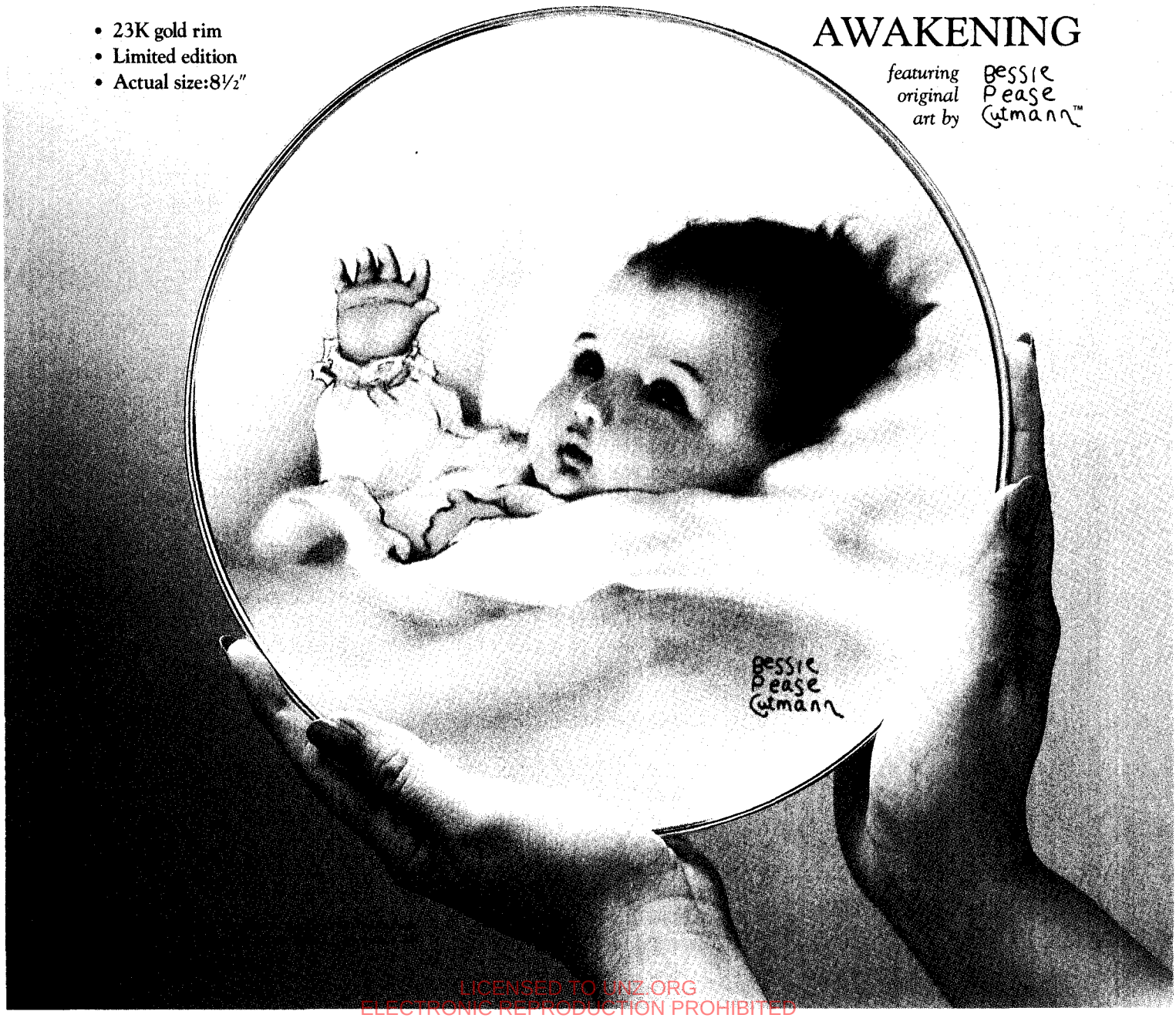

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Some of today's toughest healt

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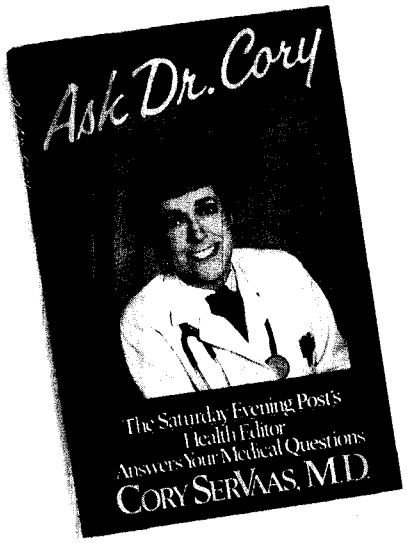

(Yours FREE with your paid subscription to the POST.)

Many practical medical facts are found in this new hot-off-the-press publication, *Ask Dr. Cory.* It will be sent to you with your paid subscription or renewal to *The Saturday Evening Post* for one, two, or—the best money-saving offer—three years. Upon payment, we will mail a FREE copy of *Ask Dr. Cory,* the book in which the *Post's* health editor answers your medical questions.

Want to know more about mankind's latest and perhaps greatest affliction? You'll find it in the chapter headed "Common Questions About AIDS." Dental care? Turn to "Eyes, Ears, Teeth." Plastic surgery? It's all here. So are "Kidney Stone Prevention," "Hemorrhoid Problems," "Organ Transplants," "Diabetes," "Yeast Infections," and you name it. If you don't find the answers in this book's well-laden pages—even to "Pap" smears for early detection of lung cancer—chances are the health problem is not worth a second thought.

Dr. Cory SerVaas' "Medical Mailbox" column in the *Post* has prompted letters by the thousands from readers whose lives have been changed, and even saved, by reading her findings. Countless letters of appreciation have also originated from grateful viewers of Dr. SerVaas' numerous TV programs, in which she discusses some of the toughest medical problems now besetting mankind.

Do the book, the column, and the TV series overlap? If so, it's for the better. If today you were diagnosed as diabetic . . . or you have the warning signs of a peptic ulcer . . . or you have formed a kidney stone . . . or you have presurgery jitters . . . or herpes simplex—it's more

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h questions are answered here.
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HEARTBEAT
The Healthy Heart Report
HOW TO CON
YOUR CHOLE
Researchers are discovering that a little ac
go a long way toward lowering heart-attac
by Kenneth H. Cooper, M
"I'm just not very athletic. . . . I
don't have time to work out
on a regular basis. . . . My grand-
mother lived to 100, and the only ex-
ercise she ever did was her house-
work!"
The excuses for not exercising
could fill a book. Yet, most people,
nonexercisers and exercisers alike, are
unaware that the reasons for regular
endurance-promoting physical activi-
ty go far beyond just "keeping in
shape" or building a beautiful body.
In fact, one of the most important
purposes of exercise is to keep your
cholesterol and blood lipids at normal
levels. Exercise—more specifically,
"aerobic" or endurance exercise—
can do several important things for
the state of your blood. First of all,
for most people, aerobic exercise will
elevate the level of HDL cholesterol,
and especially HDL-2 cholesterol.
Higher levels of HDL and HDL-2 are
associated with a lower incidence of
cardiovascular disease.
And endurance-type exercise, such
as walking, jogging, or swimming,
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colon cancer. Our long-time readers know
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have more polyps in their colons.

than likely you should have kept your copies of the *Post* giving facts about these problems. But you need only turn to *Ask Dr. Cory* for the answers to your questions.

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So . . . to recycle a phrase, let us entertain you, and at the same time answer your medical questions, with a FREE copy of *Ask Dr. Cory.* It's a combination offer that won't last long. But not to worry—IF your filled-in card or coupon hits our subscription desk without delay. And should you be too late, that's one question Dr. Cory can't answer.

THE SATURDAY EVENING POST

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VETS ON PETS

THE PET DATING GAME

He may be the bee's knees; she may be the cat's meow—but should they get together?

by H. Ellen Whiteley, D.V.M.

Illustrated by Don Trawin

"In the spring," Tennyson wrote, "a young man's fancy lightly turns to thoughts of love." But have you read the personal advertisements lately?

"Dark, handsome, experienced, prize-winning shepherd of German ancestry desires to meet light-colored female shepherd with great hips, good personality, championship background, and rich owner. Please send photographs. Object—ROMANCE." "PUSS & BOOTS COMPUTER DATING SERVICE—We can match your lonely, passionate female cat with an amorous, winsome male with an impressive pedigree for one or several evenings of love and excitement. Kittens guaranteed or your money back."

It's spring, and you begin to wonder if you are refusing your darling pet one of nature's greatest pleasures.

Many owners should not breed their pets. Because of overpopulation, it's often difficult to find homes for even pedigreed animals. Think of your pet. A spayed or neutered dog or cat is often a happier, healthier animal. Spayed or neutered animals are less likely to roam and fight; they are at a lower risk of developing certain cancers, and they will never produce an unwanted litter. But breeding may be an option if you are willing to invest some time, money, and care.

You must be prepared if you are serious about breeding your pet. Research the subject thoroughly. See your veterinarian and have your pet checked for potential medical problems or inherited disorders. Owners of unpedigreed pets should consider the options carefully before breeding their animals—litters of unpedigreed parents cannot be registered, and homes for the offspring may be difficult to find. Mixing breeds is not recommended for beginners. The American Veterinary Medical Association cautions pet owners not to breed their pets for the wrong reasons. For more information, send an SASE to the AMVA, 930 N. Meacham Rd., Schaumburg, IL 60196, and request a copy of the pamphlet *Pethood or Parenthood.*

How do you select a mate for your dog or cat? Check with your veterinarian, local kennel club, or breeders association for the names of reputable breeders in your area. In some areas, pet "dating services" can put owners in contact with breeders in their area. Get the names of several breeders, and find an established one who clearly has a stake in the future of the breed.

Know your pet—its strong and weak points, as well as its background—before selecting a mate. Roberta Vesley, the library director of the American Kennel Club, says, "People who are going to breed dogs need some education about the lineage. If they are beginners, they should seek the advice of knowledgeable people who can look at their dog and give an objective opinion.

"Responsible dog ownership is the key to the whole thing," she cautions. "Don't breed your dog unless you know there will be an improvement of the breed."

- Breed an animal with a certain weakness to an animal with a corresponding strength.
- Look at littermates and parents of the prospective couple to get an idea of family traits.
- Consult a pedigree service to find out about the colors and championships of your pet's ancestors. The American Kennel Club and many other organizations provide such a service. It usually costs from $5 to $50, depending upon how many generations are checked and how quickly you need the information. The Cat Fanciers' Data Center (77 Essex Avenue, Montclair, NJ 07042) provides extensive information about the background of male and female cats of every major breed.

Animal breeders classify the mating of father and daughter, mother and son, or full brothers and sisters as inbreeding; the mating of close but less direct relatives, such as cousins, is called line breeding. Animals from such matings can be registered, but because these pairings intensify faults as well as good points, inbreeding is best left to the genetic experts.

We often assume that animals know how to do what comes naturally, but an inexperienced male may be unable to breed a female in heat. Pairing an inexperienced female with a proven male is best. Artificial insemination (AI) can be considered after trying to mate an incompatible canine couple. Consult with a veterinarian who offers this service. Check the requirements of the American

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Kennel Club for registering the offspring.

What is involved after the animals are selected? Usually, the female is sent to the male for mating. The female cat is an induced ovulator—she will go out of heat after being bred. The female dog will remain in standing heat, accepting the male for about six days; usually, the bitch will be bred twice at half-day intervals.

What about medical considerations? The appropriate local or national breed club can advise you on disorders common to your breed and on certification that the prospective parents are free of problems. Certain breeds tend to inherit defects, such as hip dysplasia in German shepherds and retinal dysplasia in Bedlington terriers. Chediak-Higashi syndrome, a disorder of the eyes and skin, can show up in light-colored blue smoke Persians with light yellow or green eyes; do not breed Persians with this coloration. Genetic counseling, advertised in many pet magazines, might be worthwhile if you know little about your breed's genetics.

•Your female dog or cat should be checked by a veterinarian and declared free of parasites and diseases that can be transmitted to the offspring. Brucellosis is a venereal disease of dogs, and potential parents should be tested before breeding.

•The pregnant or nursing mother should be on a special diet that supplies adequate protein and calories.

•Tail docking, ear trimming, or vaccinations for the offspring may be necessary medical expenses.

•Caesarean sections are common in certain breeds, such as English bulldogs and toy breeds; this expense should be considered when figuring your budget.

What are the costs? Linda Johnson, who breeds and shows Rottweilers, recently surveyed 35 established dog breeders, representing 23 different breeds. The average monetary expense was $2,482.47 per litter, including the original cost of the bitch at $462.29, the male at $772.57, and labor at $3.50 an hour. Quite an eye-opener for those who envision raising animals as a get-rich-quick scheme. For a copy of the survey, send a self-addressed, stamped envelope to Linda at Box 179, North Clarendon, VT 05759.

How do you register the offspring? The American Kennel Club (51 Madison Avenue, New York, NY 10010) is the major organization for the registration of most dog breeds. Both parents must be registered with the AKC before their litter will be eligible. Litters from (1) mothers under eight months or fathers under seven months at the time of mating or litters from (2) any parent over 12 years of age at the time of mating will be registered only under special circumstances. Seven organizations register cats in the United States. The largest is the Cat Fanciers' Association (1309 Allaire Avenue, Ocean, NJ 07712).

Should your pet be mated? The answer depends on the reasons for the mating and the health and attributes of your dog or cat. An animal of proven superiority can pass its genes on to future generations. But our country is suffering from pet overpopulation. Before you spend money for your pet's night on the town, consider the pros and cons of pethood.

Questions for the Vet

Dear Dr. Whiteley,

I have a calico cat named Ginger. But I want a small house dog. My dad said he might get me one for Christmas. But Ginger doesn't like other animals. But we're getting a dog anyway. What would be the best small dog to get? I really need your help.

Maranatha Eubank
Kill Devil Hills, North Carolina

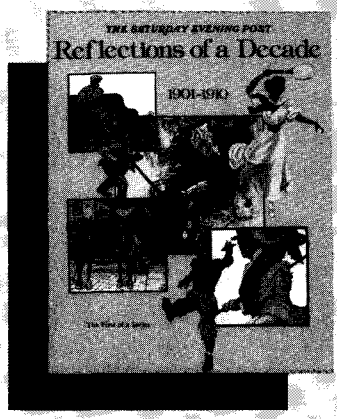
Dear Maranatha,

Personality is more important than looks when selecting a puppy. Select a confident puppy that is moderate in aggressive tendencies. In other words, I would avoid selecting the shy, submissive type of puppy or the puppy that runs up to jump and bark at you. Investigate the behavioral traits of breeds you are considering. The next consideration is Ginger. Introduce the two for short periods at first. Have someone else hold the puppy while you give Ginger lots of love and affection so she won't feel left out.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

Relive America's past or experience it for the first time. This beautifully illustrated volume, the first of a series, reflects the customs, fashions and changing times of the years 1901 to 1910 as told through the pages of *The Saturday Evening Post*. Early *Post* illustrators are featured throughout, along with a surprising *Post* contributor of the decade, Grover Cleveland. This volume will be followed by similar works for each decade of the 20th century.



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HOME IMPROVEMENTS

DON'T KILL YOUR LAWN WITH LOVING CARE

Homeowners' misdeeds in lawn care would fill a book, but here are tips to fill a yard with grass that will make neighbors green with envy.

by Jack Hayes

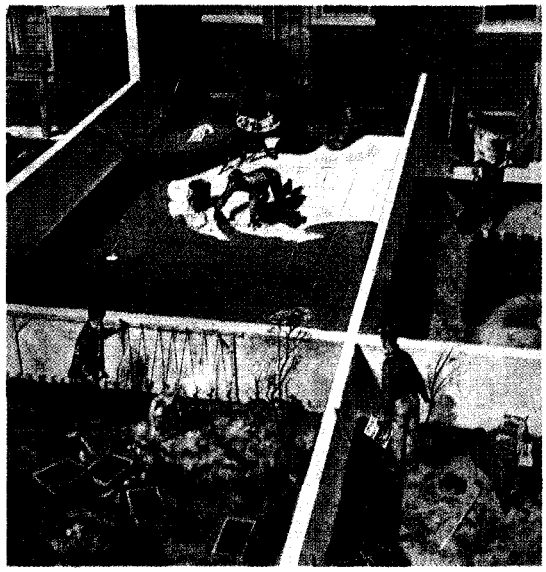
If your lawn has a problem, don't blame the water, the weeds, the insects, the fertilizer, or the kids next door. The reason could very well be *you*. Lousy lawns result from ignorance more than anything else. Like many lawn owners, you may have acquired bad habits that need correcting. We refer here to planting the wrong grass, mowing too short, applying the wrong fertilizer, watering at the wrong time.

Consider your mower, for instance. Regardless of how expensive it was, your lawn will suffer if you don't keep the blade sharp. Grass leaves, 90 percent water, "bleed" when cut. But a lawn shorn evenly with a sharp blade will bleed very little. This saves watering. Moreover, a cleanly cut lawn heals quickly, reducing the risk of disease.

Sharpening your mower blade at least twice a year is recommended, even if your lawn is level and free of debris. If you are mowing roots, rocks, twigs, and leaves along with the grass, the blade should be sharpened every month. With a dull blade you aren't mowing—you're *clubbing*! And that's a big mistake.

Another mistake is cutting the lawn too close. Tests prove that crab grass prospers in low grass, because more sun reaches the soil to germinate crab-grass seeds. A test on one lawn resulted in 50 percent crab grass in a one-inch-high plot, but only 10 percent crab grass in an adjacent three-inch-high plot. Heating of the soil can itself become a problem; the hotter the soil, the faster a lawn dries out.

How low you should mow depends upon the lawn's density, or thickness.



The best shortcut to a beautiful lawn may be knowing when to plant, mow, fertilize, and water.

Fescue lawns, common from north Georgia to Virginia, grow sparsely and therefore need height—three inches, if *you* can stand it—to create shade for the soil. Denser Kentucky bluegrass lawns, popular from Pennsylvania to Illinois, can stand cutting to about two inches. Carpet-like Bermuda-grass lawns, found in the Sunbelt states, are an exception. They're dense enough to live at an inch.

After mowing the lawn—what to do with the clippings? If you are throwing them away, *don't*! That nonwater 10 percent of the grass leaf will break down as nutrients that feed the soil—and the lawn. So just let the clippings lie where they fall—unless, that is, you are the type who waits too long between mowings, in which case you're left with rows of hay that do have to be carted off.

Fear of thatch is another mistake. You should worry only about too much thatch. When thatch is dry and cold, it will shade and insulate the soil. Yet too much thatch, when it's warm and humid, invites still another problem: fungus. About an inch of thatch is considered safe. Thatch, by the way, doesn't come from clipped grass leaves. It is the result of dead stems, leaves, and roots at the lawn's *crown*.

Homeowners believe they are doing their lawns a service by applying chemicals. But too often they make the serious mistake of not reading the label instructions. "We find people mixing preemergent herbicide with grass seed—after the weeds have germinated," explains Tom Kowalski, a program manager with the Georgia Department of Agriculture. "Nothing like killing the grass and feeding the weeds at the same time," he adds with a laugh.

If you are too lazy to read and follow instructions, your grass would be in better hands with a lawn-service firm. Lawn maintenance doesn't cost that much. Ohio-based Chemlawn, the largest maintenance provider in the country (roughly 2 million customers), charges about $170 a year for basic service in metropolitan Chicago. That fee includes consultation along with six fertilizer applications between March and November. The price in other markets may vary slightly according to climate and lawn conditions and local competition.

Homeowners waste billions of gallons of water yearly trying to do the right thing for their lawns. Instead, they water insufficiently; or they water in the afternoon; or they

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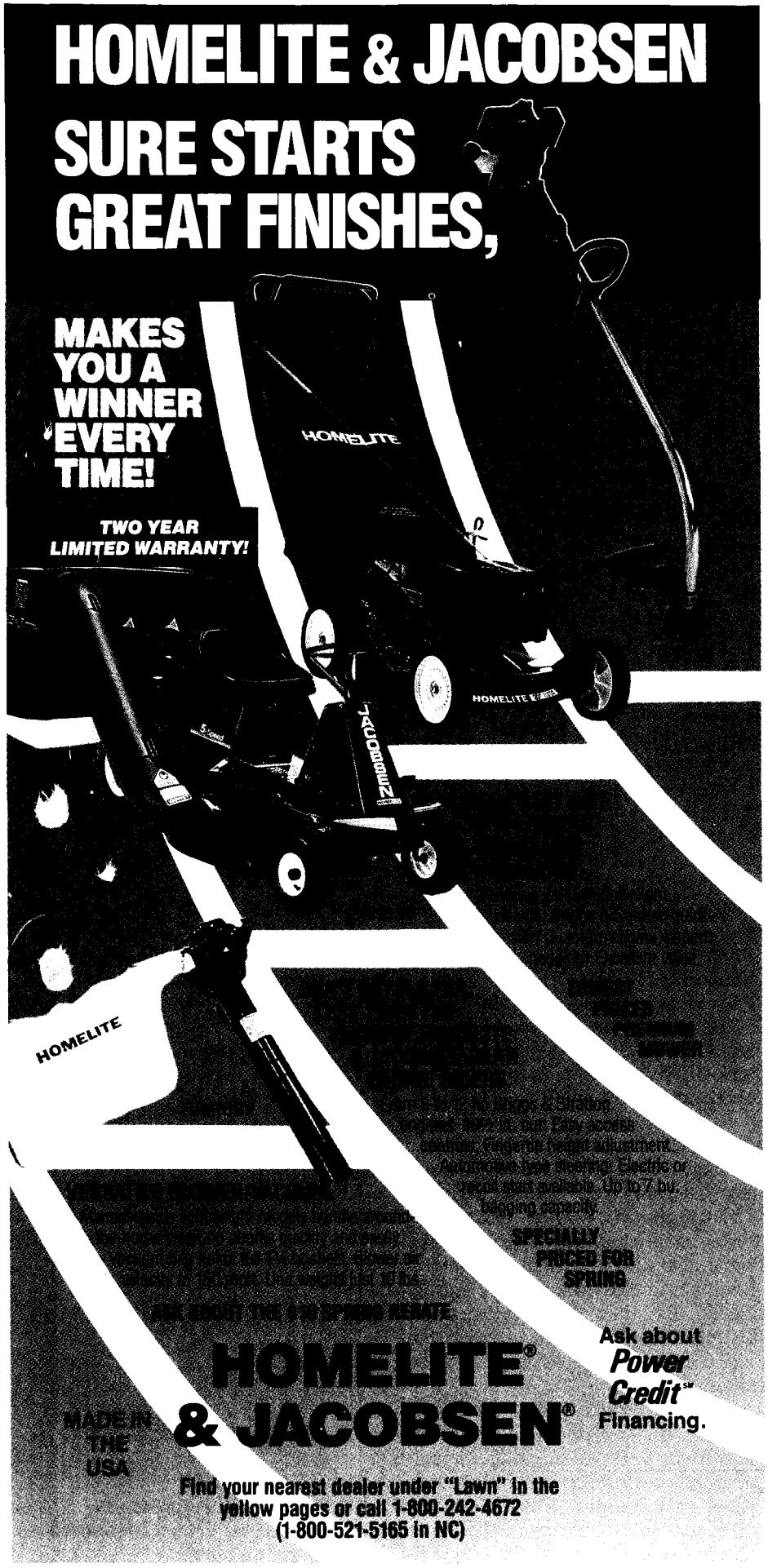
water five times a week. Correct watering is done once a week, heavily enough to soak the soil. Morning, when soil and grass are coolest, is the right time, because the water has a chance to penetrate before it evaporates.

Never water the lawn just for watering's sake. Lawn experts, in fact, will tell you that an occasional thirst can be therapeutic. By "thirst" they mean *almost* to the wilting point—not beyond. Yet a lawn can survive even after its leaves have wilted and died. A lawn will live as long as the crown is kept moist enough. So unless your municipality bans lawn watering altogether during a time of drought, soak your lawn at least enough to keep the crown alive.

Ever wonder about bald spots on your lawn? Bermuda grass seems to heal better than bluegrass and fescue. You can find the answer in the way their stems grow. (Remember, without stems there are no leaves.) Bermuda and bluegrass stems grow horizontally *and* vertically. Bermuda, in fact, has two kinds of horizontal stems: *rhizomes*, which grow under the soil, and *stolons,* which grow above it. Bluegrass has only the rhizomes. Poor fescue has neither. So when a fescue lawn goes bald, it has to be filled in—with either seed or sod.

Then the question becomes, When do you seed and when do you sod? To put the answer bluntly: sod—if you can afford it. (Two pounds of bluegrass seed—enough to cover 1,000 square feet—costs about $20. Bluegrass *sod* to cover the same area will cost $175.) Some grasses—Bermuda, for one—can't be seeded. And no two varieties give the same coverage. A mere four ounces of centipede can be spread as far as two *pounds* of Kentucky blue, or *ten* pounds of fescue, will go.

Here, perhaps, is the best advice of all: Call an extension agent before you begin spending money on lawn improvements. No matter where you live in the United States, there's a county agent nearby who can have a soil test done and recommend to you what kind of grass to plant. In fact, an agent may advise you *not* to grow grass. English ivy looks fabulous on a sloping, shaded front yard. And juniper works wonders on those steep, sunny hills where most gardeners fail.



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TAKING CITIES PRIVATE

Whatever the service provided by local government, administrators are finding it can be done quicker, better, and cheaper by a private company.

by Carolyn Lochhead

A bridge is rising over the Red River at Fargo, North Dakota, on the promise of a 25¢ toll. Built, owned, and operated by the Bridge Company and the Municipal Development Corporation, it will be the first privately built major U.S. bridge in more than 40 years.

A private fire company fights fires in Elk Grove Township, Illinois. A private organization mediates civil disputes in San Francisco. A $1 billion privately built highway may soon encircle Denver. Private schools teach dropouts under state contract in Tacoma, Washington. And the real-estate developer Donald J. Trump became something of a folk hero among New Yorkers in 1986 when he renovated the Wollman Memorial Skating Rink in Central Park ahead of schedule and $750,000 under his $3 million budget. This after the city had spent $12 million and six years trying to get the rink operating, to no avail.

Private firms are now delivering city services from school lunches and garbage collection to wastewater treatment and mass transit. Virtually all the country's large engineering firms have expanded into municipal work. New firms, such as Graffiti Removal in Los Angeles, are springing up. By some estimates, spending on privately provided government services is running as high as $100 billion a year.

"I don't think we've reached a quarter of the potential" market, says Irwin T. David, national director of public-sector services for Touche Ross, an accounting firm. Almost 80 percent of the cities responding to a recent Touche Ross survey say privatization will be a primary tool used to provide local government services and facilities over the next decade.

Private fire services such as Rural/Metro of Scottsdale, Arizona, operate at 20 to 50 percent lower cost than city-owned fire departments.

The reason is clear: private firms can deliver public services from 20 to 75 percent more cheaply than cities, studies show. Caught in a fiscal full nelson, cities see privatization as one of the few ways out.

The squeeze is coming from all sides. The federal government no longer doles out billions in revenue sharing. The estimated gap between actual spending and needed spending on infrastructure—highways, sewage plants, mass transit—will reach $450 billion by 2000. Bumping up against their own borrowing capacity and loath to raise local taxes, even as constituents demand more services, cities are running out of places to turn.

Graffiti Removal, a new company, is helping Los Angeles grapple cost-effectively with its graffiti problems.

"That's how we get into the picture," says John Turner of Rural/Metro Corporation in Scottsdale, Arizona, the nation's largest fire protection company, with revenues expected to top $50 million this year. Operating with higher productivity and economies of scale, private companies are offering huge savings on fire protection, custodial work, vehicle towing, park maintenance, garbage collection—almost any service a city provides.

Research in economics has uncovered something called the "bureaucratic rule of two," according to Steve H. Hanke, professor of applied economics at Johns Hopkins University. "If you want to find the public cost of doing something, you just find the private cost and then multiply by two, and that'll get you pretty close," he says.

Labor costs are often why. Gary Jensen, the president of American Emergency Services Corporation in Wheaton, Illinois, says in city fire departments fire fighters work 40 to 53 hours a week, which includes time

continued on following page

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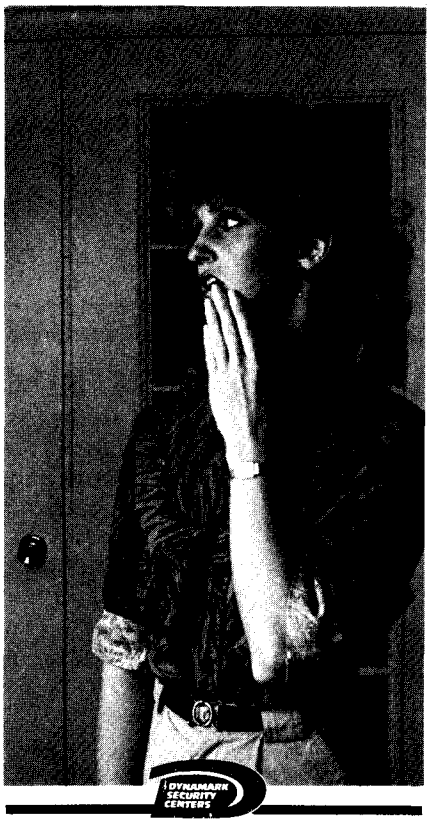

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Do Alarms Really Work?

Recent surveys show that the four most common methods used by homeowners to protect their property are:

- Locked doors, usually deadbolts
- Having neighbors "watch the house" when away
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spent sleeping on 24-hour shifts, while private fire companies run on 60 to 72 hours a week. "The cities just give away the store," Jensen says. As a result, private costs are 20 to 50 percent lower.

Rural/Metro's equipment costs are generally lower too. "To quote the founder of the company," Turner says, " 'Chrome doesn't put out a fire.' You see these great chrome-decked chariots going down the street—they're very pretty—but you don't need all the excess cost that's built onto those things."

Private garbage removal has Phoenix taxpayers *and* the city's sanitation department benefiting from competition.

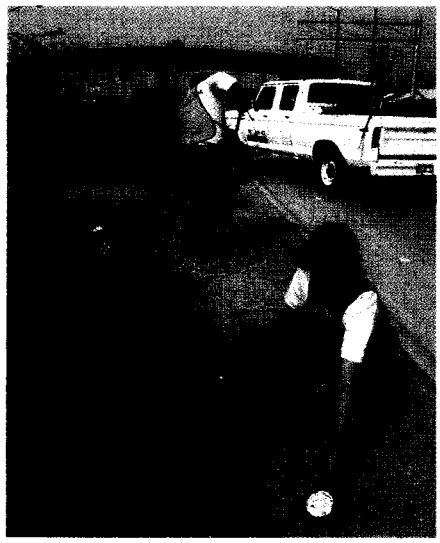
City monopolies on garbage collection or street paving, for example, pose the same problems private monopolies do, economists say. Service declines and prices rise. A monopoly provider does not have to be pleasant to customers. Departments become politicized and patronage-prone. Among private companies, the profit motive tends to drive costs down and to enforce discipline. The more competitive the industry, the more this applies.

Phoenix has been dubbed the "petri dish of privatization" for its long-running experimentation with contracting out services. Since 1978, the city's own sanitation department has competed against private contractors for half of Phoenix's residential garbage collection by submitting its own bids for contracts. It lost the bids at first, but in the past two years it has won. "We went through quite a learning process in doing that," says Ron Jensen, Phoenix's public-works director. "Each time, we analyzed the operations of the private contractor and determined ways to improve methods, technology, operations, whatever it might be, to where we gradually improved our operations. Then we started winning the bids."

City workers' morale has improved. "We have broken the stereotype" of patronage-ridden sanitation departments, Jensen says. "Our employees are not treated as second-class citizens by the community, because it is recognized that we have high productivity and are very competitive."

City department managers often face perverse incentives: the bigger their budget and the larger their staff, the higher their salary and status. Phoenix, in contrast, bases salaries on productivity. So when contractors lowball bids, quoting rock-bottom prices to get into the market, "instead of us saying that's unfair, we say the taxpayers win," Jensen says. "That's our ultimate goal."

Three years ago, when paying a crushing $600,000 annual subsidy forced South Lake Tahoe out of the bus-line business, the California city donated the use of the line to its employees. Mike Dooley, a former employee and now chief executive of Area Transit Management, says the bus line has operated at a profit ever since, because it has to.



Almost any service can be privatized—Phoenix employs The Groundskeeper company to keep grassy areas in shape.

"We couldn't operate the system at a profit if we had taken it over exactly as the city was operating it," he says. "They had service that was, I'm sure, for the convenience of the public, but there were routes that were losers."

The city had discounted its $1 fare. "Hardly anyone actually paid $1," Dooley says. "Seniors paid 25¢, juniors paid 50¢. Now everybody pays their fair share."

• • •

All employees took cuts in paid vacation and wages, although Dooley says wages remain competitive in the local market. The city is now saving itself the $600,000 and it gets bus service.

"The city, being a government body, has certain handicaps in running a business, even at break-even," Dooley says. It could not make quick purchase decisions, for example. "Nobody would say that private enterprise can't do it more efficiently than the city did, and even the city will agree with that."

Volunteer groups, such as Community Board Program, have privatized even justice. Based in San Francisco and funded by corporate and foundation grants, the organization serves as a consultant in some 40 cities around the country. Citizens volunteer to be trained in neighborhood mediation, after which they donate time each month to hear disputes. Users pay nothing. Individuals and groups—say, homeowners versus teenagers using a local park—go before the board to talk through their conflict, says the founder, Raymond Shonholtz: "Tensions are reduced dramatically. People get to disgorge their hostile emotions in a neutral and safe setting, rather than on the street, where it may escalate."

Shonholtz says the program has proved successful. "It's very clear that it's quite possible to set up a whole other justice system at a fraction of the cost" of city courts. Early resolution of disputes reduces police intervention and cuts the number of court cases filed. If it does not work, disputants are free to turn to the formal legal system.

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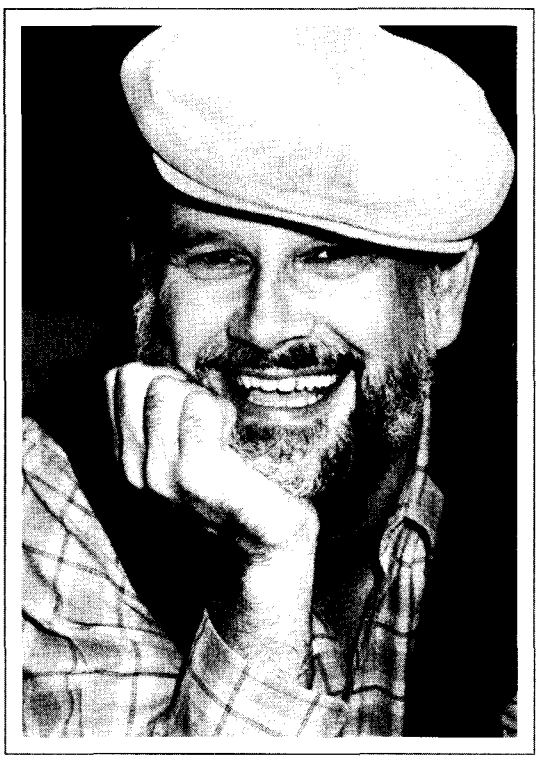
TAKE MY JOKES—PLEASE

For 28 years, the serious business of comedy has kept the Emmy-winning Gene Perret writing for TV's top entertainers.

by John McCollister

One 5′ 9″ 51-year-old Pennsylvanian will never star in his own TV sitcom or in a feature film, but you'll often see his name heading the writing credits in reruns of the "Carol Burnett Show," "Laugh-In," "Welcome Back, Kotter," "Three's Company," and the "Tim Conway Show." His most notable credits are those shown with recent Bob Hope specials, such as the Christmas show aired last January from the Persian Gulf.

"That was an exhausting trip," says Gene Perret, a principal writer for Hope since 1969. "We flew more than 27,000 miles in just eight days. But that's something that comes with the territory."



Perret and other professional writers know that comedy writing is no easy chore. Success doesn't come overnight. New writers are often discouraged by the long hours, nagging deadlines, and constant pressure from comics and agents to come up with something fresh—and quickly!

Perret speaks from hands-on experience. He's written for a host of famous comedians, including Bob Hope, Phyllis Diller, Carol Burnett, Tim Conway, and Bill Cosby. During his five seasons with the "Carol Burnett Show," he won three Emmy awards for his comedy writing.

Perret's career didn't have the typical show-business beginning. He wasn't the classroom clown in high school, nor did he dream of seeing his name in lights on Broadway. Instead, he was a drafting student hired by General Electric in Pennsylvania. Yet it was there that he got his baptism in comedy writing.

One longtime employee was ready to retire, and the company thought it appropriate to send him off with a "roast." Perret agreed to be a speaker and wrote what he thought were some humorous lines. He was right. The audience roared its approval. He was asked to write more jokes for the next retirement party—and the next. Finally, he started to sell his material.

He still remembers the first joke he sold: "It was 28 years ago. I sold it to a Sunday newspaper supplement. I wrote: 'There are no such things as Sunday drivers anymore. They're all Friday drivers still looking for a parking space.' "

Since then he's sold nearly 150,000 jokes. Today he is regarded by many insiders as the nation's leading jokesmith. As a result, he's often asked to speak at conventions and to university classes about modern humor.

One question raised in nearly every audience is "What is a good joke?" Perret replies with a pointed observation: "You can't any more answer that question than you can answer the question 'What is a good price?' A good price for what? In doing comedy, you have to ask, 'A good joke for whom?' "

Perret, however, insists that all good comedy must have a fivefold dimension:

1. *It must be relevant.* "All comedy must be relevant. People like Erma Bombeck and Bill Cosby are realistic. They talk about things we can relate to. Every family recognizes itself in 'The Cosby Show.'

"Humor is an attitude. It's a way of looking at life in a beneficial way. The more we practice it, the better we get at it. I feel that any exercise that improves our sense of humor improves our life in general.

"Bob Hope and Johnny Carson, for instance, use current topics for their quips. They're Walter Cronkites with verbal seltzer bottles. They are commentators who serve up a slightly twisted view of the world. They look at the same world we see, but somehow their vision seems a lot sharper."

2. *It must fit the person.* "Not all jokes will work for all comics. A great joke for Bob Hope might be only a fair joke for Joan Rivers. There has to be a matching of one with the other in order to be successful. In a nutshell, it must fit the image of the comic who is saying it.

"For Bob Hope's 80th birthday, Bob sat with President Reagan in a designated box at a theater for a special performance honoring him. When it was Hope's turn to take the stage, he began: 'When I entered the presidential box, there were two chairs. One said "No. 1 American"; the other said "Washed-Up Actor." Boy, did we fight over that chair.' "

3. *It must relate to the audience.* "Comedy writing is tough work, but it's a lot easier if you know where you're heading. If you're working in the wrong direction, it can be a disaster. A colossal joke in Boston may only be a mediocre joke in Philadelphia.

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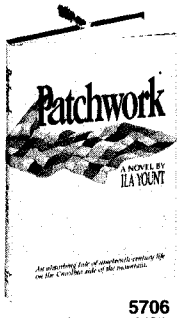

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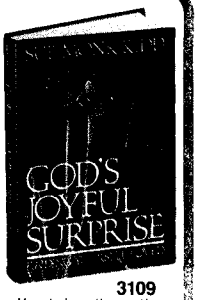

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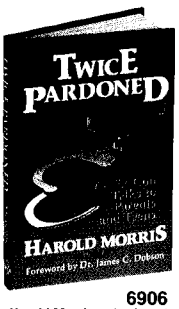

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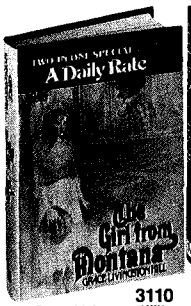

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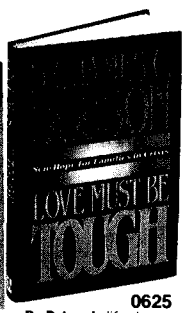

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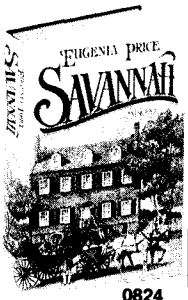

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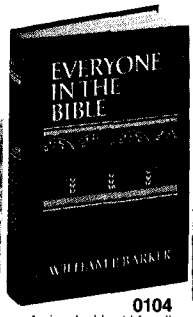

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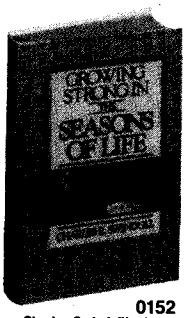

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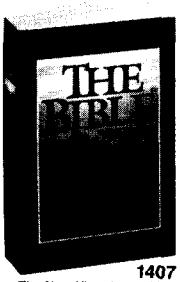

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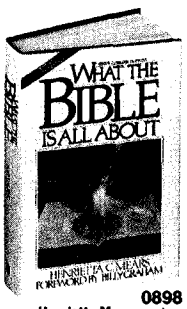

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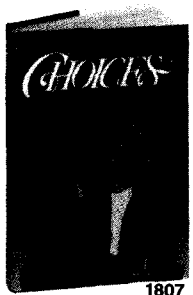

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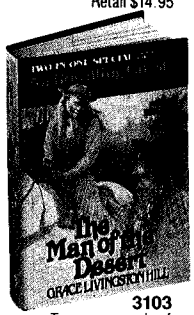

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"One client called me for some jokes for an address he would be giving to a psychiatric college. I jumped at the chance. What a mouth-watering assignment, to write jokes about psychiatrists. I eagerly worked all day, polishing off about 40 jokes, and typed them into a neat package.

"The next morning the client called and apologized. It wasn't a 'psychiatric' college; it was a 'chiropractic' college. Not many of the jokes were usable."

4. *It should be hidden.* Perret recently advised some new comedy writers to "hide the joke" whenever possible. "Get some surprise into the punch line," he says. "Don't let the audience see it coming."

Bob Hope once offered a classic illustration of hiding the joke. Sputnik had been successfully launched, and we had just had another of our rockets fail on launch. Hope went on television and said, "I guess you heard the good news from Cape Canaveral? The United States just launched another submarine."

There was no joke until the very last word, Perret says. That's surprise. It gets the audience wondering: *What does he mean, "good news from Cape Canaveral"? I thought we only heard bad news from there lately.* It gets the audience involved with the joke.

Another way of hiding the joke is to give the punch line without actually saying it. Perret explains that he and other writers had just done a Bob Hope show at a naval air base. As is the custom, sailors enjoy kidding the cooks. One version of a joke could have been: "The Navy cooks are so bad. When they bake a biscuit, you can use it for an anchor."

That's O.K., but one of the writers hid the punch line by saying the same thing in a roundabout, funnier way:

"A sailor came up to me and asked, 'Do you know the difference between an anchor and a biscuit?'

"I said, 'No.'

"He said, 'Good. Have a biscuit.' "

5. *It must be in good taste.* Like a growing number of today's professionals, Perret does not pepper his gags with so-called blue material. "It's not just a matter of being prudish," he says. "As a writer I don't like that kind of language. We've earned the right to use realistic language, but it should be saved for those dramatic moments when it means something. In *Gone with the Wind*, Clark Gable brought the house down when he said, 'Frankly, my dear, I don't give a damn.' If he had been co-starring with some of today's stand-up comics, that statement would mean nothing."

Comedy writer Gene Perret tries out a line on Bob Hope, producer Elliot Kozak (left), and singer Lee Greenwood on their flight to the Persian Gulf last December.

That doesn't mean he avoids such controversial subjects as sex altogether, but he treats them in good taste. For example, Phyllis Diller once suffered a minor shoulder injury that required wearing a cast for several weeks. She called Perret just before her opening in Las Vegas; she wanted a gag to explain the reason for the cast. Perret delivered.

When she walked on stage opening night, Phyllis said, "If there is someone in the audience who has just bought the new book *The Joy of Sex,* there's a misprint on page 206."

After the laughter died down, she followed with, "It'll break your arm, but it's worth a try."

Perret feels that humor is necessary for our sanity as a people and as a nation. Bob Hope once commented that in nations where freedom is curtailed, humor is also lacking. "It's not that these folks lack a sense of humor," he said. "Like other things it has been suppressed."

Perret shares his feeling. "America is a nation that loves to laugh. That's good, because laughter is a barometer of our liberty. If we're laughing, it means we're free to laugh."

For those of us who sometimes speak in public, Perret is convinced that a light sprinkling of humor helps an audience to listen better and to remember our messages better and longer: "If a person has a worthy message, he or she should want the listeners to hear it and retain it. If they don't, they don't have a serious message; they have a serious ego problem."

He recoils at those who claim, "My work is too serious to have any fun at it."

"Baloney," Perret says. "The happiest people are those who work hard and enjoy their work. They have fun doing it."

Can anyone be humorous? Perret thinks so. "I've never met a person who went through life without getting a laugh. The mistake I find is that people try to use someone else's humor. They try to tell a joke just like the guy in the office told it.

"My suggestion is to find out what type of personality you have in everyday life and use that. If you're shy, tell jokes about shy people. If you're loud, do stories about loud people. Shy people can be funny. George

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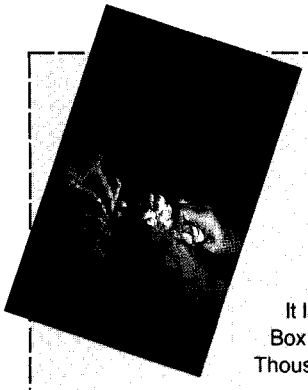
Daddy was such a good pitcher. But now he's gone.

Parenting Alone



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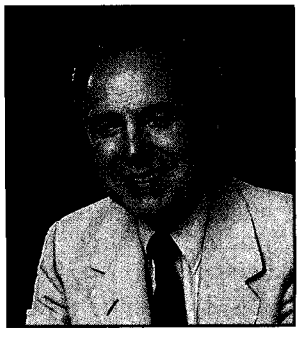

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VIEWPOINTS

THE RIGHT CHOICE

Her teenage daughter's blunt statement, "I'm pregnant," sent questions of abortion—adoption —marriage racing through her mind.

by Olivia Teja

Illustrated by Marcus Hamilton

"Mom, I have something to tell you."

The serious note in Janeen's voice caused me to grip the steering wheel tighter. *Oh, God, help me compose myself, no matter what it is,* I thought, remembering a lunch date with my own mom when I was 17. Mom had asked me if I was pregnant, and I had blurted out that yes, I thought I was.

"Promise you won't hate me?" Janeen continued, now almost in a strained whisper.

"Of course I won't hate you, Janeen. I love you, no strings attached." I saw a red light ahead and put my foot on the brake. I was relieved not to have the responsibility of guiding the car through downtown traffic, at least not for a moment or two.

"I'm pregnant," Janeen said.

I tried not to react, because I knew that my immediate response would set the tone of our relationship for the next several months. Still, questions raced through my mind. Abortion? Adoption? Marriage? I took several deep breaths to compose myself.

"What do you plan to do about it?" I asked.

Janeen had always spoken her mind bluntly, a characteristic I had admired—except when she directed her bluntness at me. This time was no exception. "I can't believe you're asking me this! What do you think I'm going to do, have an abortion?" she asked incredulously. Her voice became soft again. "I need to know if you'll help me raise the baby. I don't know if I can do it alone."

The light turned green. I had just experienced the longest stoplight of my life. I let the air out of my lungs slowly, unaware that I had been holding my breath. "I'll help you with the baby as long as you need me," I replied.

Years earlier, my mother had shown her love for me and had gained my instant forgiveness for all past, present, and future grievances. Never had I felt her support or love more than during those difficult months. She had told me at the outset that even if I didn't marry the child's father, she would help me raise the child. I now saw an opportunity to give this gift to Janeen. My husband, Paul, joined me in the commitment.

Marriage was out of the question. The baby's father felt no obligation toward Janeen and no responsibility for the child. Abortion? That was up to Janeen. Count me out, the father said. He simply didn't care.

Her friends were quick to offer advice. Abortion was the only logical choice, they urged. One woman even offered to pay for a visit to an out-of-state clinic. She assured Janeen that the procedure was simple; she knew firsthand because she herself had undergone four abortions by the time she was 20. The pressure these friends exerted was intense. As I thought about their arguments, I began to understand how any young girl could be influenced to terminate her pregnancy without considering the alternatives or the consequences.

But Janeen never wavered in her decision, and we never waffled in our support. Of course there would be sacrifices, but we would make them willingly, we decided. We had planned a trip to England, our first vacation overseas, but the funds would be needed to pay for the baby, because there was no insurance. Extra cash was designated for a crib, clothes, diapers, blankets, and bottles. We also had to deal with our relatives' reactions, which weren't all positive.

Janeen's pregnancy was difficult, marred by morning sickness for seven months. In spite of her discomfort, she insisted on continuing her education at the nearby vocational school. Raspberry tea and crackers calmed her nausea, and they were adopted as her usual morning fare. Her typically teenage diet of burgers and fries was

continued on page 100

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LISTEN

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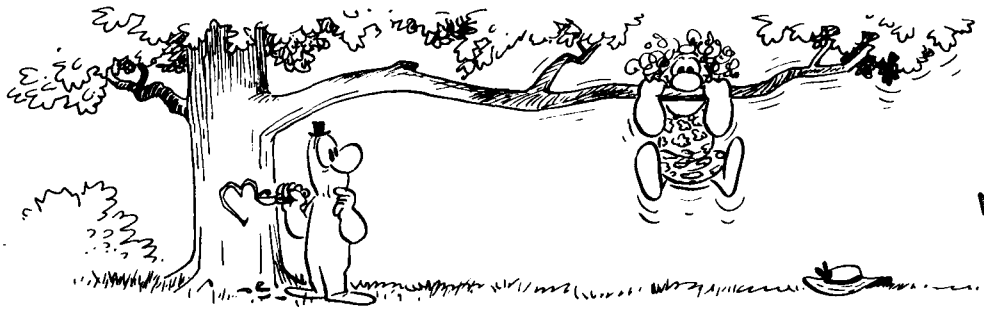


POST SCRIPTS

Scaled Down

The salesman walked to the front door and saw the youngster practicing piano. He tapped on the screen door.

"Is your mom home?" he called in.

The kid didn't even look up. "What do you think?" he snapped.

—Rose Sands

The Trappings of Success

A father took his small son to visit the family's new arrival in the nursery of a country hospital. From the large window where he stood, the boy could see 15 tiny cribs, in which 13 babies lay.

"Oh, look, Daddy!" he exclaimed. "They have two more traps set."

—Bobbie Mae Cooley

Slow Death

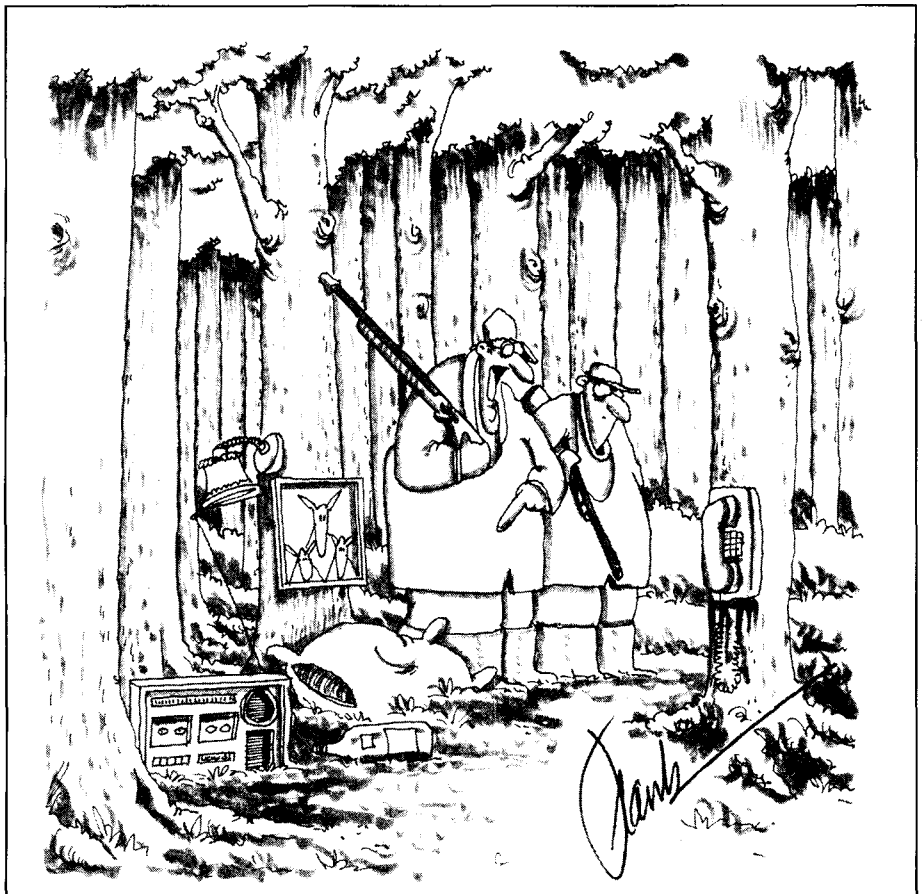
Have you ever noticed that whenever someone has an hour to kill, he or she always spends it with someone who doesn't?

—Sam Ewing

Mother's Druthers

They err, who claim that
Mother's Day
Comes early in the month of May.
The day moms choose to remember?
The first of school each September.

—Ann Yost



"My instincts tell me this is where they've been bedding down."

Through a Glass, Darkly

Vision is definitely affected by glasses, especially after they have been filled and emptied a few times.

—Mrs. E. O'Brien

Bachelor in a Laundromat

He goes in all his naïveté
Into a Laundromat.
A stranger in a strange, strange world,
He'll act the diplomat.

He'll throw his clothes in the machine,
Preserve his reticence.
He'll read a chapter in his book—
Oh, age of innocence.

First, no machines are empty,
And even should there be,
The gentler sex is there en masse
With top priority.

They will not budge a single inch.
They look with acrimony
On one who has so long escaped
The bonds of matrimony.

To add still further insult,
Somebody's darling brat
Sat on his detergent box,
So that takes care of that!

Wash done at last but dryers
Are fully occupied.
Arms full of wet and dripping clothes
Do nothing for his pride.

Small rivulets of water
Are trickling up his sleeves.
The steam befogs his glasses.
What's more, he has to sneeze.

Oh, to escape this torturous place
With shirts and shorts and smock.
Next time he'll go down to a stream
And beat them on a rock!

—Elsa Maresh

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Opposites Distracted

Pessimist: A woman who's afraid she won't be able to squeeze her car into a very small parking space.
Optimist: A man who thinks she won't try.

—Joyce Mason

Turkey of an Answer

The bride called the newspaper office and asked for the food editor.

"Would you please help me?" she asked. "My husband's parents are coming to a special dinner tonight in honor of my husband's boss and his wife. I've never cooked a big dinner before, and I want everything to be perfect. I bought a nine-pound turkey. Could you tell me how long to cook it in my new microwave oven?"

"Just a minute," the food editor said, as he turned to check his reference book.

"Oh, thank you," she said. "You've been a big help. Good-bye!"

—J. E. Terzich

Sadolescence

All teenagers have one thing in common: if they aren't arguing, they aren't listening.

—Ivern Ball

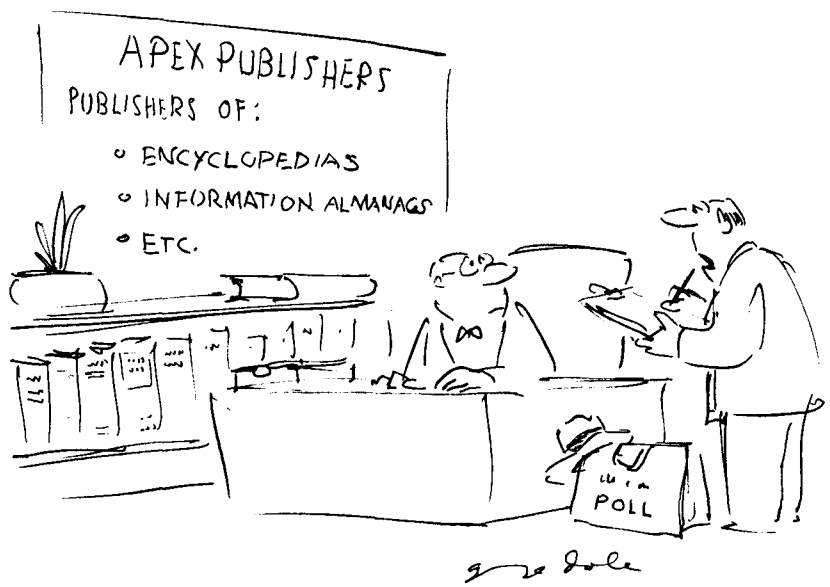
"I'm married now. Do you have anything in the way of repellents?"

The End of Civil-ization

The judge in a civil suit was sitting in his chambers when he noticed that an envelope had been slipped under his door. Picking it up, he opened it and found five $100 bills with a note: "From the defendant's lawyer." Moments later, he noticed another envelope slide under his door, this time with ten $100 bills and a note which read: "From the plaintiff's lawyer."

Quickly, the judge made up his mind. Placing five $100 bills in an envelope, he scribbled out in a note that read, "This case will be decided strictly on its merits," and he shoved it alongside the bills. He then ordered it sent to the plaintiff's lawyer.

—Kris Lee



"Then I'll put you down as 'don't know.'"

Spitting Image

The face in the glass
Is one of a kind,
Assembled by genes
From ancestral lines.

My cowlick and freckles
Are surely passed down
From Old Country lineage
Who farmed far from town.

My mouth is too small
For the molars that came
From lost generations
Hunting mammoth for game.

The sag of my brow,
The decline of my chin—
Hey, let's go back to Adam
And try it again!

—Betty Wallace Scott

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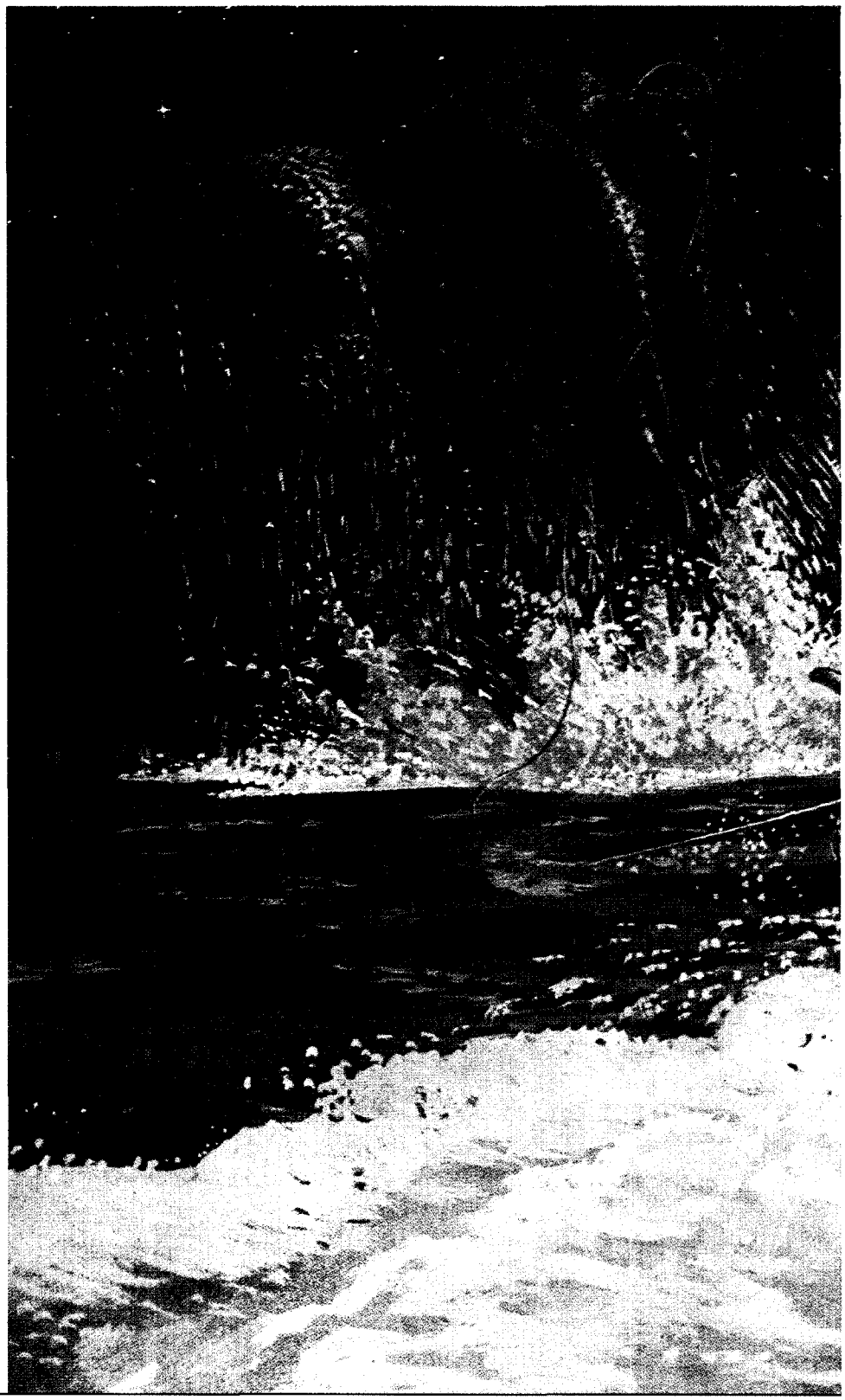
He almost fainted with horror when the monster leaped and he saw what had dragged him overboard. It was

THE SEA



The man came out of the house and stood quite still, listening. Behind him, the lights glowed in the cheerful room, the books were neat and orderly in their cases, the radio talked importantly to itself. In front of him, the bay stretched dark and silent, one of the countless lagoons that border the coast where Florida thrusts its great green thumb into the tropics.

It was late in September. The night was breathless; summer's dead hand still lay heavy on the land. The man moved forward six paces and stood on the sea wall. The tide was beginning to ebb.

Somewhere out in the blackness a mullet jumped and fell back with a sullen splash. Heavy with roe, they were jumping less often, now. They would not take a hook, but a practiced eye could see the swirls they made in the glassy water. In the dark of the moon, a skilled man with a cast net might take half a dozen in an hour's work. And a big mullet makes a meal for a family.

The man turned abruptly and went into the garage, where his cast net hung. He was in his late 20s, wide-shouldered, and strong. He did not have to fish for a living, or even for food. He was a man who worked with his head, not with his hands. But he liked to go casting along at night.

He liked the loneliness and the labor of it. He liked the clean taste of salt when he gripped the edge of the net with his teeth as a

Illustrated by Stan Galli

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DEVIL

BY ARTHUR GORDON

cast netter must. He liked the arching flight of 16 pounds of lead and linen against the starlight, and the weltering crash of the net into the unsuspecting water. He liked the harsh tug of the retrieving rope around his wrist, and the way the net came alive when the cast was true, and the thud of captured fish on the floorboards of the skiff.

He liked all that because he found in it a reality that seemed to be missing from his 20th-century job and from his daily life. He liked being the hunter, skilled and solitary and elemental. There was no conscious cruelty in the way he felt. It was the way things had been in the beginning.

The man lifted the net down carefully and lowered it into a bucket. He put a paddle beside the bucket. Then he went into the house. When he came out, he was wearing swimming trunks and a pair of old tennis shoes. Nothing else.

The skiff, flat-bottomed, was moored off the sea wall. He would not go far, he told himself. Just to the tumble-down dock half a mile away. Mullet had a way of feeding around old pilings after dark. If he moved quietly, he might pick up two or three in one cast close to the dock. And maybe a couple of others on the way down or back.

He shoved off and stood motionless for a moment, letting his eyes grow accustomed to the dark. Somewhere out in the channel a porpoise blew with a sound like steam escaping. The man smiled a little; porpoises were his friends. Once, fishing in the Gulf, he had seen the charter-boat captain reach overside and gaff a baby porpoise through the sinewy part of the tail. He had hoisted it aboard, had dropped it into the bait well, where it thrashed around, puz-

Up into the air it went. Up into the starlight, a monstrous survival from the dawn of time.

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zled and unhappy. And the mother had swum alongside the boat and under the boat and around the boat, nudging the stout planking with her back, slapping it with her tail, until the man felt sorry for her and made the captain let the baby porpoise go.

He took the net from the bucket, slipped the noose in the retrieving rope over his wrist, pulled the slipknot tight. It was an old net, but still serviceable; he had rewoven the rents made by underwater snags. He coiled the 30-foot rope carefully, making sure there were no kinks. A tangled rope, he knew, would spoil any cast.

The basic design of the net had not changed in 3,000 years. It was a mesh circle with a diameter of 14 feet. It measured close to 15 yards around the circumference and could, if thrown perfectly, blanket 150 square feet of sea water. In the center of this radial trap was a small iron collar where the retrieving rope met the 23 separate drawstrings leading to the outer rim of the net. Along this rim, spaced an inch and a half apart, were the heavy lead sinkers.

The man raised the iron collar until it was a foot above his head. The net hung soft and pliant and deadly. He shook it gently, making sure that the drawstrings were not tangled, that the sinkers were hanging true. He eased it down and picked up the paddle.

The night was black as a witch's cat; the stars looked fuzzy and dim. Down to the southward, the lights of a causeway made a yellow necklace across the sky. To the man's left were the tangled roots of a mangrove swamp; to his right, the open waters of the bay. Most of it was fairly shallow, but there were channels eight feet deep. The man could not see the old dock, but he knew where it was. He pulled the paddle quietly through the water, and the phosphorescence glowed and died.

For five minutes he paddled. Then, 20 feet ahead of the skiff, a mullet jumped. A big fish, close to three pounds. For a moment it hung in the still air, gleaming dully. Then it vanished. But the ripples marked the spot, and where there was one there were often others.

The man stood up quickly. He picked up the coiled rope, and with the same hand grasped the net at a point four feet below the iron collar. He raised the skirt to his mouth and gripped it strongly with his teeth. He slid his free hand as far as it would go down the circumference of the net so that he had three points of contact with the mass of cordage and metal. He made sure his feet were planted solidly. Then he waited, feeling the tension that is older than the human race, the fierce exhilaration of the hunter at the moment of ambush, the atavistic desire to capture and kill and ultimately consume.

"... and never boil your hot dogs. You lose all the nutrients that way."

A mullet swirled, ahead and to the left. The man swung the heavy net back, twisting his body and bending his knees so as to get more upward thrust. He shot it forward, letting go simultaneously with rope hand and with teeth, holding a fraction of a second longer with the other hand so as to give the net the necessary spin, impart the centrifugal force that would make it flare into a circle. The skiff ducked sideways, but he kept his balance. The net fell with a splash.

The man waited for five seconds. Then he began to retrieve it, pulling in a series of sharp jerks so that the drawstrings would gather the net inward, like a giant fist closing on this segment of the teeming sea. He felt the net quiver, and knew it was not empty. He swung it, dripping, over the gunwale, saw the broad silver side of the mullet quivering, saw too the gleam of a smaller fish. He looked closely to make sure no stingray was hidden in the mesh, then raised the iron collar and shook the net out. The mullet fell with a thud and flapped wildly. The other victim was an angel fish, beautifully marked, but too small to keep. The man picked it up gently and dropped it overboard. He coiled the rope, took up the paddle. He would cast no more until he came to the dock.

The skiff moved on. At last, ten feet apart, a pair of stakes rose up gauntly out of the night. Barnacle-encrusted, they once had marked the approach from the main channel. The man guided the skiff between them, then put the paddle down softly. He stood up, reached for the net, tightened the noose around his wrist. From here he could drift down upon the dock. He could see it now, a ruined skeleton in the starshine. Beyond it a mullet jumped and fell back with a flat, liquid sound. The man raised the edge of the net, put it between his teeth. He would not cast at a single swirl, he decided; he would wait until he saw two or three close together. The skiff was barely moving. He felt his muscles tense themselves, awaiting the signal from the brain.

Behind him in the channel he heard the porpoise blow again, nearer now. He frowned in the darkness. If the porpoise chose to fish this area, the mullet would scatter and vanish. There was no time to lose.

A school of sardines surfaced suddenly, skittering along like drops of mercury. Something, perhaps the shadow of the skiff, had frightened them. The old dock loomed very close. A mullet broke water just too far away; then another, nearer. The man marked the spreading ripples and decided to wait no longer.

He swung back the net, heavier now that it was wet. He had to turn his head, but out of the corner of his eye he saw two swirls in the black water just off the starboard bow. They were about eight feet apart, and

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they had the sluggish oily look that marks the presence of something big just below the surface. His conscious mind had no time to function, but instinct told him that the net was wide enough to cover both swirls if he could alter the direction of his cast. He could not halt the swing, but he shifted his feet slightly and made the cast off balance. He saw the net shoot forward, flare into an oval, and drop just where he wanted it.

Then the sea exploded in his face. In a frenzy of spray, a great horned thing shot like a huge bat out of the water. The man saw the mesh of his net etched against the mottled blackness of its body and he knew, in the split second in which thought was still possible, that those twin swirls had been made not by two mullet, but by the wing tips of the giant ray of the Gulf Coast, *Manta birostris,* also known as clam cracker, devil ray, sea devil.

The man gave a hoarse cry. He tried to claw the slipknot off his wrist, but there was no time. The quarter-inch line snapped taut. He shot over the side of the skiff as if he had roped a runaway locomotive. He hit the water headfirst and seemed to bounce once. He plowed a blinding furrow for perhaps ten yards. Then the line went slack as the sea devil jumped again. It was not the full-grown manta of the deep Gulf, but it was close to nine feet from tip to tip and it weighed over a thousand pounds. Up into the air it went, its pearl-colored underbelly gleaming as it twisted in a frantic effort to dislodge the clinging thing that had fallen upon it. Up into the starlight, a monstrous survival from the dawn of time.

The water was less than four feet deep. Sobbing and choking, the man struggled for a foothold on the slimy bottom. Sucking in great gulps of air, he fought to free himself from the rope. But the slipknot was jammed deep into his wrist; he might as well have tried to loosen a circle of steel.

The ray came down with a thunderous splash and drove forward again. The flexible net followed every movement, impeding it hardly at all. The man weighed 175 pounds, and he was braced for the shock, and he had the desperate strength that comes from looking into the blank eyes of death. It was useless. His arm straightened out with a jerk that seemed to dislocate his shoulder; his feet shot out from under him; his head went under again. Now at last he knew how the fish must feel when the line tightens and drags him toward the alien element that is his doom. Now he knew.

Desperately he dug the fingers of his free hand into the ooze, felt them dredge a futile channel through broken shells and the ribbonlike sea grasses. He tried to raise his head, but could not get it clear. Torrents of spray choked him as the ray plunged toward deep water.

His eyes were of no use to him in the foam-streaked blackness. He closed them tight, and at once an insane sequence of pictures flashed through his mind. He saw his wife sitting in their living room, reading, waiting calmly for his return. He saw the mullet he had just caught, gasping its life away on the floorboards of the skiff. He saw all these things and many others simultaneously in his mind as his body fought silently and tenaciously for its existence. His hand touched something hard and closed on it in a death grip, but it was only the sharp-edged helmet of a horseshoe crab, and after an instant he let it go.

"It's so hard for me to believe that you and Dick Clark are the same age."

He had been underwater perhaps 15 seconds now, and something in his brain told him quite calmly that he could last another 40 or 50 and then the red flashes behind his eyes would merge into darkness, and the water would pour into his lungs in one sharp painful shock, and he would be finished.

This thought spurred him to a desperate effort. He reached up and caught his pinioned wrist with his free hand. He doubled up his knees to create more drag. He thrashed his body madly, like a fighting fish, from side to side. This did not disturb the ray, but now one of the great wings tore through the mesh, and the net slipped lower over the fins projecting like horns from below the nightmare head, and the sea devil jumped again.

And once more the man was able to get his feet on the bottom and his head above water, and he saw ahead of him the pair of ancient stakes that marked the approach to the channel. He knew that if he was dragged much beyond those stakes he would be in eight feet of water, and the ray would go down to hug the bottom as rays always do, and then no power on earth could save him. So in the moment of respite that was granted him, he flung himself toward them.

For a moment he thought his captor yielded a bit. Then the ray moved off again, but more slowly now, and for a few yards the man was able to keep his feet on the bottom. Twice he hurled himself back against the rope with all his strength, hoping that something would break. But nothing broke. The mesh of the net was ripped and torn, but the draw lines were strong, and the stout perimeter cord threaded through the sinkers was even stronger.

The man could feel nothing now in his trapped hand; it was numb. But the ray could feel the powerful lunges of the unknown thing that was trying to restrain it. It drove its great wings against the unyielding water and forged ahead, dragging the man and pushing a sullen wave in front of it.

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ME AND MOVING PARTS

When things mechanical fail to function, a checkbook may be the only tool in the box.

by Maynard Good Stoddard

Illustrated by Don Trawin

Remember the deep-sea diver on the ocean floor who received the urgent message, "Come up; the ship is sinking"? He would best understand my situation when it comes to dealing with contrivances having moving parts.

Our '72 Olds Cutlass is about the only thing that hasn't dropped dead the day after its warranty expired. On its tenth anniversary, with its valves still valving (or whatever it is they do), we ran into a deer on our way to Spencer to celebrate. That's the way things have been going. And I won't even mention the relics my dear wife drags home from auction sales, the moving parts of which haven't moved for at least five years (but will be "as good as new with a little tender loving care," she argues).

My tender loving care stops, unfortunately, where our can of 3-in-1 oil begins. And the feeling is mutual. Except maybe for the kitchen clock-radio. The clock was kind enough to begin ticking again after my two straight hours of ministrations.

"But now it's running backwards!" my dear wife was rude enough to point out.

"So set it in front of a mirror," I pointed back. Upon which she suggested that I had a vacancy in my attic.

Well, one thing led to another, and the next thing I knew she was leading me into Wal-Mart to buy a new clock. Its six-month warranty expires this week. I'm holding my breath.

As you may have surmised, moving parts and I have pretty much the affinity of oysters and whipped cream. If my dear wife wants a light bulb changed or a roll of toilet tissue installed, however, I'm her man. Beyond that, she calls on Bill Moler, her No. 1 repairman. She's called on him so much of late that I'm seriously considering putting him on salary.

What I didn't realize was that these Pandora's boxes with moving parts can communicate with each other. Our '80 Olds diesel began the recent assault on the family bank account by losing power. Going up a hill, I could have jumped out and beaten it to the top. So finally, by pushing the accelerator clear to the floorboards, I succeeded, by golly, in shearing two bolts off the alternator (or is it the alienator?) bracket, ruining not only whatever-it's-called but also the belt, to the tune of $128.60. And even then the car had about as much gumption as an asthmatic aardvark.

The diagnosis this time went in favor of an "injector pump," at $465, installed. And as long as the guy doing the installing had his hands dirty anyway, why not add a filter? A bargain at $15.

That was my only break until my dear wife's aforemen-

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tioned '72 Olds took over the responsibility of bringing our financial status to its knees.

The distance from our termite sanctuary in Freedom to the town of Spencer is exactly 8⅝ miles. How a woman can coax a car to overheat in that short stretch is but another little mystery of the opposing sex. Overheat, however, it did, choosing the main-street stoplight at which to stall and bring all eastbound traffic to a standstill. Had my dear wife directed her tears into the radiator instead of squandering them on the sidewalk while walking to a telephone booth to call for a wrecker, the situation might have been resolved at no cost. As it was, the wrecker charge for towing the car three whole blocks came to $20. So my second lucky break was in not having the car stall during the first ⅛ of a mile: the towing charge, as near as I can figure, would have been around $640.

As soon as my check for this disaster had cleared, the car began sounding like a bull moose with a chest cold. And my dear wife was of the opinion that if I could blow 600 bucks on the diesel, surely we could afford a new muffler for her machine. And she was off to Bloomington before I could check our bank balance.

Have you ever kept the engine running while your wife dashed into the IGA for a loaf of bread and had her come out a half hour later with the bag boy pushing a cart loaded top and bottom, and her carrying two sacks of the overflow? Then you get the picture. She returned from the repair place with everything but a new steering wheel. I mean new muffler, new tail pipe, new springs, new shocks, and, speaking of shocks, a new bill bearing a grand (?) total of $228.40.

"Why new springs for a 15-year-old car?" I innocently inquired.

"They were on sale," she said. But of course. How stupid of me.

The rototiller was next to respond to the rallying cry of "Bankrupt the Stoddards!" For 11 years this faithful old piece of machinery had never failed to take off like a goosed gazelle. A real wristwatch winder, if you know what I mean. Now, the motor was willing but the blades weren't. And without the blades turning, the motor doesn't till worth a hoot.

How long since I had put grease in the gear box, Bill wanted to know. What gear box, I wanted to know. *That* gear box, he said, pointing to a funny-looking hump on the front of the tiller. Overhauling the gear box came to $38.55, which Bill said included welding a handle back on the Lawn Groom, a convenience dear wife bought for $140 to drag behind her mower to pick up grass that shoots out the side and avoids the Lawn Groom completely but which she still hooks on anyway—to get her money's worth, you know.

In an effort to keep our two acres of quack grass below knee height, we have invested in three lawnmowers—two riders and a self-propelled. The self-propelled quit propelling exactly one week after purchase, and after transporting it back to place of purchase (I won't embarrass Sears by mentioning where that was) several times for repair, we gave up and began propelling it by self—herself and myself.

Our ten-horse mower, to Sears' credit, is 11 years old, and its only failure was the brakes in the spring of '84. Because most of our yard is on a slope, this has required some Olympic-type acrobatics on my part during the descents to prevent the mower from turning turtle or mowing a swath through the board fence paralleling the road. Finally, with both seats pretty well shot—its and mine—I relinquished the mower to dear wife to mow the lesser heights and bought a brand new, beautiful, shiny red, 11-horse Murray mower. The second time down the hill the steering gear refused to turn the wheels, and I mowed a swath through the board fence at the bottom. Bill replaced the bolt that had fallen out of the steering mechanism, but I have yet to repair the fence. As for the mower, I turned the remains over to dear wife and reclaimed the old one.

Two other devilish devices in on the conspiracy have to do with water: a jet pump 248 feet down that brings water in, and a sump pump in the root cellar that takes water out. When both are working, that is.

What can harm a pump snuggled 248 feet into the bowels of our hill? According to my dear wife (I was under the bed commiserating with our cowardly dog and cat), the answer is lightning. I emerged later to find that it had also knocked out the hot-water heater and turned one television on and another one off, for good. Replacing the pump carried a price tag of $800 per (God having singled us out twice for this experience); the water heater was $345; the permanently blacked-out TV has yet to be replaced (see previous two items for explanation).

As for the sump pump, I'm not that familiar with sumping to know if it was doing its job. But I do know about pumping, and pumping it wasn't. Oh, if you wanted to wade through water up to your shins and risk electrocution by picking the thing out of its hole and shaking the daylights out of it, you might get a belch or two, but that was it. So finally, after shortening my life span by a couple of years by extending the drainage ditch 40 feet through our billiard-ball clay with no better results, I shortened our dwindling bank account another $143 by investing in the latest thing in sump pumps. And whataya know, folks, it wouldn't work. Not unless I cared to shorten my life span by another two years by chiseling a larger hole in the concrete floor to allow the shut-off device to shut off. So I exchanged the revolutionary job for another of the original type. I may very well be electrocuted after the next rain.

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Don't toss away that bridal bouquet; frame it to have and to hold always.

Wedding Flowers

THAT NEVER FADE

When you catch the bride's bouquet at a wedding, what do you do with it? Do you wrap it in tissue paper and let it gather dust in a trunk in the attic? A much more romantic idea is to turn it into a wedding-bouquet picture, the perfect memento of a happy day.

The picture opposite was made with the flowers from a very lavish wedding bouquet; there were enough flowers to make a border in addition to the central arrangement. I wanted to create a picture that was romantic and pretty, to reflect the atmosphere of a wedding. So I used a pale pink color wash for the background and added a border of antique lace. You could use the lace from the bride's gown, or even mount the entire picture on the fabric of the bride's dress. For interest I added a few extra seasonal flowers in keeping with the theme of the picture: tiny forget-me-nots and violets gathered from my garden, and florets of lovely lime-yellow alexanders that were blooming at the time in our hedgerows.

Pressing a Bouquet

When you come to pressing a wedding bouquet, the flowers will not be very fresh and may need reviving. So dismantle the bouquet and then pop the flowers in a polyethylene bag. Put this in the fridge for an hour or so before you begin pressing. You should start pressing the flowers as soon as possible to retain their lovely colors.

I find that there is always an element of surprise involved when pressing flowers for the first time. When I was making this wedding-bouquet picture I was amazed and delighted with the final colors. So cross your fingers and have a go too!

About the author: The British artist Penny Black has gained international recognition for her pressed-flower pictures and artifacts. Her recent book, The Book of Pressed Flowers: A Complete Guide to Pressing, Drying and Arranging, *from which this article is taken, was published this year by Simon and Schuster.*

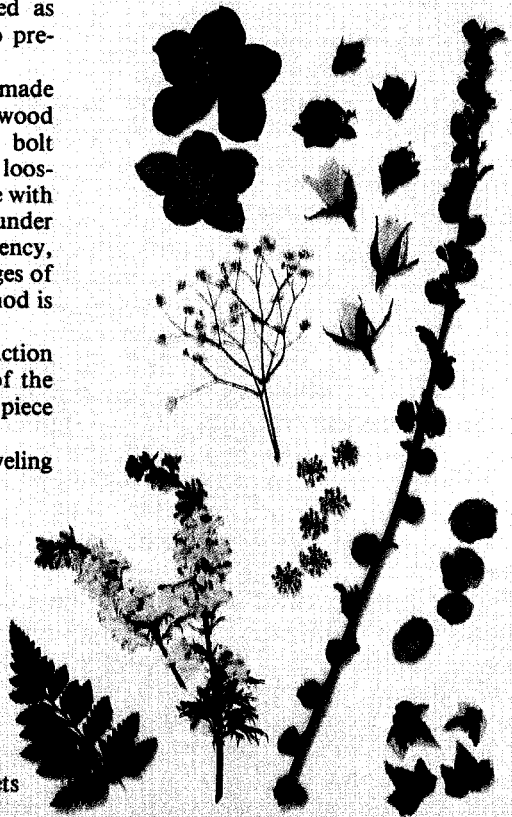
How to Press Flowers

Blossoms, stems, leaves, buds, individual petals, seedheads—almost all parts of flowering plants can be preserved by pressing. Gather flowers on a dry day in the afternoon. Use only undamaged, clean, and fresh blossoms, preferably those that have just opened. Thick blossoms, such as rosebuds, should be cut in half with a sharp knife. Flowers should be pressed as soon as possible after picking to preserve colors.

A traditional flower press is made from two book-size sheets of plywood fastened in each corner with a bolt and wing nut for tightening and loosening. A simple press can be made with two sheets of plywood placed under three hefty bricks. In an emergency, flowers may be dried between pages of a heavy book, although this method is not ideal.

1. Fold three sheets of construction paper in half and place on top of the first plywood sheet. Add a fourth piece unfolded.
2. Add a layer of paper toweling and carefully place flower materials—as many as will fit without overlapping—on the paper towels. Try to use flower material of uniform thickness.
3. Add another layer of paper toweling and fold the fourth sheet of construction paper over the flowers and towels.
4. Place three more folded sheets of construction paper on top of this and press flowers uniformly.

Keep the press in a warm, dry place. Change the construction paper daily for the first several days, then every other day—but don't disturb the flowers and paper towels. Flowers are ready for mounting when they no longer feel cold or clammy. Drying will take two weeks or less. Be patient for the best results.



Wedding bouquet elements (above) include: hellebore, rosebuds, babies'-breath, cherry blossoms, alexanders, variegated ivy, larkspur, fern, and forget-me-nots. Allium, dogtooth violet, heather, hyacinth, lace, and statice were added.

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This striking pressed-flower picture was crafted from a bridal bouquet and a sprinkling of additional seasonal blooms. The pale pink background and delicate border of lace help bring out the romantic savor of the memento.

by Penny Black

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DRAWING THE BATTLE LINES ON AIDS

Expectations are high as the Presidential Commission on the HIV Epidemic prepares to deliver its final report under its tough taskmaster, a retired admiral who runs a tight ship.

by Holly G. Miller

When Adm. Jim Watkins celebrated his 61st birthday on March 7, his office staff threw a surprise party. It wasn't a sit-down dinner for 50 such as Watkins used to host when he was one of the five Joint Chiefs of Staff, and it wasn't prepared by the seven-member crew assigned to the Watkins household back when he was Chief of Naval Operations (CNO). Instead, it was spontaneous, it was fun, and as the admiral's first mate, Sheila Watkins, notes, "There wasn't a dry eye in the house."

Why the tears? Because the admiral, winding down a nine-month voluntary tour of duty as chairman of the president's commission on AIDS, used the event to thank what he calls his "incredible" staff.

"Unaccustomed as I am to public speaking . . . ," he began, knowing the familiar intro would draw immediate laughter. It did. His staff was well aware that since he assumed the hot seat as the commission's spokesman in October, Watkins has undergone endless grilling by reporters, issued countless public statements, and submitted to intensive televised interviews. His media reviews have been of the "rave" variety, and he has earned applause from persons who formerly criticized the government's handling of the AIDS epidemic. The praise has been lavish.

Although the admiral is quick to credit all success to the 13-member presidential panel and the 30-person staff, they are quick to return the compliment.

"He's an absolute joy to work with," says Polly Gault, the executive director of the commission, who previously oversaw an education subcommittee on Capitol Hill. Polly interviewed for her post in the vestibule of Garfinckel's department store in Washington when the admiral had to exit his buildings during a fire-alarm emergency. The admiral was determined not to waste a minute in reorganizing the commission after its original chairman and vice-chairman resigned last year. Meetings were scheduled on the run in an effort to push ahead with the panel's packed agenda.

"My friends used to tease me," Polly says. "They'd say, 'You've had it so easy, Polly. You've worked for two of the nicest members of the U.S. Senate. Someday you're going to be surprised at how hard the world really is and how tough some people can be.' When I signed up to work with the commission I thought, *Well, this could be it. It's going to be back to boot camp.* But it's been a delight. The admiral has been wonderful to work for. I'm batting three-for-three."

On his first tour of duty as chairman of the Presidential AIDS Commission, Adm. Jim Watkins led commissioners to Mount Sinai Hospital's research department in Miami Beach, Florida, for a firsthand look at the enemy—living AIDS virus. (Left to right) Polly Gault, the commission's executive director; Dr. Frank Lilly; Dr. Burton Lee; Dr. Lionel Resnick, Mount Sinai research director; Admiral Watkins; Kristine Gebbie; Dr. Theresa Crenshaw; Dr. Cory SerVaas; Dr. Beny Primm.

Retired Adm. William Small, once vice chief of naval operations under Admiral Watkins, recalls his former boss as "warm and open—a delight to work for. He set very high standards for himself, particularly in areas of morality, standards of excellence, personal demeanor, and ethical conduct." A personal hallmark of the admiral is his ability to bypass the bureaucracy to get things done. "He never sees red tape as an impediment," Admiral Small says, "didn't see any reason for it to be, and felt if everyone did what he thought was right, the bureaucracy would have to adjust to it. That's a great attitude for the No. 1 leader to have. He's a religious man, a very religious fellow, but not in any dogmatic way."

In spite of his 41 years in the military and his reputation for running a tight ship, Watkins is informal and flexible, and he mixes easily with all levels of Washington's power structure. His quick wit, friendliness, and willingness to match his staff's ten-hour days have helped to create a we're-all-in-this-together office environment. Staffers look forward to his morning rounds and never construe his visits to their desks as a Big-Brother-is-watching tactic.

Macy Moy, an executive secretary on loan from the Department of Education, says the only obvious throwback to the admiral's regimented navy life is his adherence to military time. She's learned to adjust, can translate his jammed appointment calendar either way, and is so committed to her boss' goals for the commission that she generally is at her

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Dressing for safety before entering the room where the virus is to be studied requires face masks, goggles, caps, gowns, and shoe covers. Admiral Watkins checks out commissioners Kristine Gebbie and Dr. Frank Lilly, while Dr. Resnick prepares to gown.

Vibrant Polly Gault, the commission's executive director, is known for her spontaneous outbursts of laughter. A dynamo on the AIDS team, she directs not only commission members about but the admiral (center) as well. Her élan has caused one member to suggest: "The President should appoint Polly as both commissioner and chairman of another health-related presidential panel as soon as the AIDS commission terminates this summer." Rich DeVos (right) adds ever-welcome wit and insight in articulating solutions. The commission staff of 30 credit Polly with incredibly skillful administrative ability.

"Test drugs, not people," cry protest critics outside of the meetings of the Presidential AIDS Commission. In a move apparently aimed at easing unrest among

understandably anxious gay-rights activists, the commission first listened to hearings on treatment for AIDS patients. As the panel moved on to more controversial issues of testing, emotions flared.

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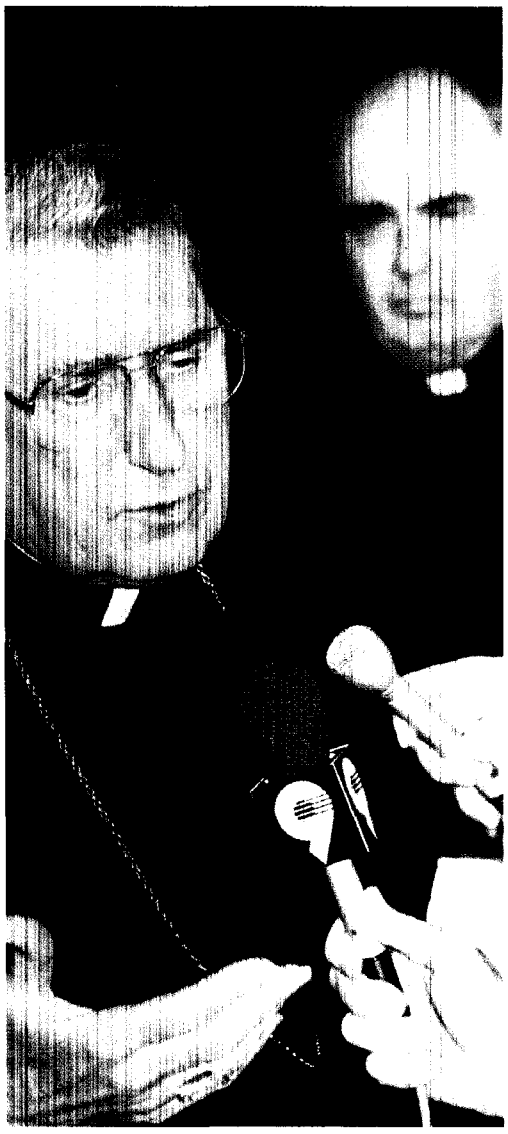

Commissioner John Cardinal O'Connor's relationship with the admiral goes back to the days when both served in the U.S. Navy. Their mutual compassion for AIDS patients overrides any differences they have about how to approach the problem. The cardinal's friends on the commission accuse him of offering homilies in addressing questions to witnesses giving testimony; one commissioner timed an O'Connor question at 17½ minutes. In spite of a demanding schedule, Cardinal O'Connor somehow finds time to comfort AIDS patients at New York City's St. Clare's Hospital and Health Center. Monsignor James Cassidy (background) staffs commission meetings for the cardinal.

John Creedon, CEO of Metropolitan Life Insurance Company, adds another dimension to the commission. Met Life spent more than $4 million to produce and air "National AIDS Awareness Test: What Do You Know About Acquired Immunodeficiency Syndrome," shown September 15 on the Fox network. His personal dedication, along with the commitment of his company, is but one example of the cooperation the commission has witnessed of corporate America in generously underwriting the cost of AIDS. Commissioners praised Creedon for his excellent treatise explaining the impact of AIDS on the insurance industry. Because of premature AIDS death benefits paid out, sources say, his company's life-insurance division has already lost more than a million dollars from bottom-line income.

Dr. Lorraine Day, an orthopedic surgeon from San Francisco General Hospital, where many of her patients have AIDS, tells Dr. Burton Lee how her gloves are often punctured during surgery and why it is unavoidable. Yet she says she isn't permitted to know which patients have AIDS and which do not. "California's restrictive laws present a hazard for operating-room personnel," she testified. "We understand the pressures you're under," Dr. Lee responded. "Go ahead and take a sabbatical, but don't leave medicine."

A couple of seafaring "old salts" with strong feelings about charting our country's course through the troubled waters of the AIDS disaster. Dr. Bill Walsh (right) knows something about fighting global epidemics with his floating hospital ship, SS *HOPE*. His nephew, William Bennett, secretary of education, was invited to testify for AIDS commissioners.

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An executive order from President Ronald Reagan dated June 24, 1987, established the Presidential Commission on the Human Immunodeficiency Virus Epidemic to investigate the spread of the HIV virus and the resultant acquired immune deficiency syndrome (AIDS) in the United States. According to the executive order: "The primary focus of the Commission shall be to recommend measures that Federal, State, and local officials can take to (1) protect the public from contracting the HIV; (2) assist in finding a cure for AIDS; and (3) care for those who already have the disease."

When asked by President Reagan to chair the AIDS commission, Admiral Watkins said he would have to think about it. He was on the West Coast on business, attending a luncheon at the Los Angeles Country Club, when the phone rang. "He really didn't have any choice," Mrs. Watkins says. "He has always served his country, and he's always admired the President." Commissioners had joined together to campaign for Admiral Watkins' selection after he had pinpointed shortcomings of earlier leadership by saying, "This project needs structure." He has been applauded by the members for his "take charge" authority at the helm.

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desk by 0700 at the latest.

"I didn't seek the hot seat," Watkins says. "I didn't ask for this job. I was called and asked to be a commissioner to bring some military experience to the group. But I didn't expect to take over the commission's leadership."

The unanticipated request came when Jim Watkins went out to the West Coast on business. He was attending a luncheon meeting at the Los Angeles Country Club when he was called to the phone.

"It was Washington," Mrs. Watkins recalls. "My husband was asked to take over the chairmanship. He said that he wanted time to think it over, but he really didn't have any choice. He's always served his country, and he's always admired President Reagan."

His reluctance was twofold. First, he had only recently retired from the navy, and he had a full agenda of activities planned. All had to be put on hold. Second, he was concerned about the direction the commission had taken under its former leadership.

"I had complained from day one that we had no structure, we had no objectives, we hadn't laid out a plan, we hadn't pulled together a staff. What were we doing?" Watkins asks. "Why were we holding hearings? What information did we need? But I felt there was an opportunity to make a go of it. By December, when we had submitted our report a week early, I knew we could do it. By then we had a road map, as I call it, a strategy to deal with the problem. I knew then that we were going to make an impact—a big impact—on the nation."

The commission was originally established in June 1987 to advise President Reagan on how the nation should respond to the AIDS epidemic. At first, the task of studying the deadly disease seemed to be a 180-degree turn away from Watkins' prime area of expertise, nuclear engineering. A graduate of the U.S. Naval Academy, he had had years of experience in nuclear propulsion, including the command of a nuclear-powered attack submarine and combat service as executive officer aboard the world's first nuclear-powered cruiser, the U.S.S. *Long Beach.* He had served as right arm to Adm. Hyman Rickover, the legendary father of the nuclear navy.

In his 41-year military career, Admiral Watkins visited nearly 50 countries, including back-to-back cruises to Vietnam. Here he inspects Japanese troops in Tokyo in 1985. His years of service earned him the Bronze Star and several Distinguished Service and Legion of Merit awards.

A champion of education, Watkins has been awarded three honorary degrees. He's been decorated by such foreign nations as Brazil, Japan, Korea, and Italy. He serves on the Carnegie Council on Adolescent Development, as well as the Math/Science Advisory Council of the National Executive Service Corps. Shown here, he shares ideas with Ernest L. Boyer, then U.S. commissioner of education.

But Watkins' star-spangled military career also had taken a second bent, and that experience proved to be invaluable when he assumed the chairmanship of the Presidential AIDS Commission. As the navy's first admiral in charge of enlisted personnel and then as the chief of naval personnel, he had been deeply involved in offering support and sensitive leadership to a diverse group of recruits, many of whom were troubled. The post-Vietnam years he spent directing personnel were difficult for the country, the all-volunteer military was struggling to succeed, and the image of men and women in uniform was at an all-time low. Watkins surveyed the scene and responded with a barrage of innovative "people programs" boosting education, fitness, motivation, pride, and ethical conduct within the ranks.

Personal excellence became his chief concern, and his efforts were so successful that when he retired from active duty in June 1986, he announced his intention to devote part of his time to promoting a national program for personal excellence among youth. Operating under foundation grants and drawing from his navy experience, he lobbied business and government for a comprehensive plan that would emphasize education, health, and motivation in students. He hesitated to increase his responsibility with the AIDS commission because he knew he'd have to put the personal excellence program on the back burner for a year. But now he sees the goals of the program to be in harmony with the objectives of the AIDS panel. He believes AIDS is a devastating symptom of a society in need of help. The disease is calling attention to the many social problems—drugs, teenage pregnancy, inadequate education—that must be addressed by the nation. The epidemic has jolted the country and has forced people to look at themselves and the shortcomings in the system and to scrutinize possible solutions to the problems.

"AIDS tells us we have a health crisis at a time of health-education weakness," Watkins says. "It has also caused us to talk about how we treat each other and about our compassion and sensitivity to others. I think it may well be a catalyst for

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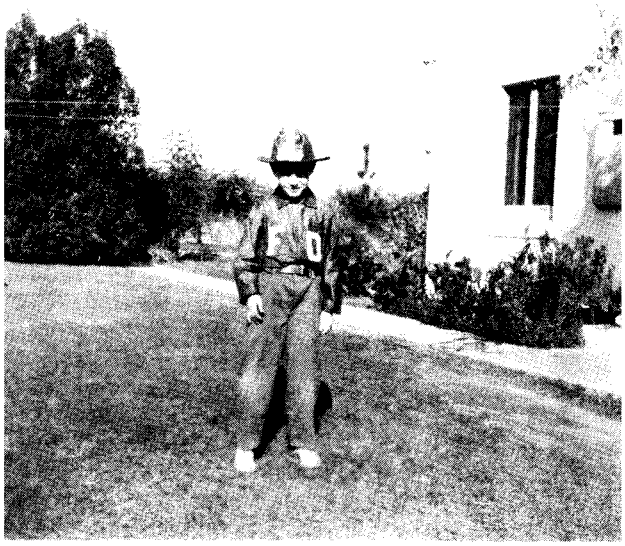
positive change if we look at it as an opportunity. Frankly, while I see AIDS as a critical problem, I also see it as an important subset of a larger dilemma. We cannot be complacent. I think someday as we look back, we'll see AIDS not only as a tragedy, but as an opportunity that we took advantage of or lost. I hope it will be the former."

Just as AIDS is everyone's responsibility, Watkins believes youth is everyone's concern, and that the two are linked. He endorses a partnership approach to problem solving, with all people participating in building a healthy, motivated, literate society. He especially emphasizes building a pool of bright young people.

"What I'm trying to do is move the nation," he says. "We've got a real problem in this country demographically and qualitatively. We've got international competition to worry about. We don't have enough scientists and engineers. Our technological needs are staggering. How can we have Star Wars? Where will we get all the scientists that we need for AIDS research?"

The answer is in the future, and the future is in the hands of the young people, he says. It's up to everyone to make sure those young people are prepared for the challenge. Again, it comes down to personal excellence, a topic he knows firsthand.

If "Be All That You Can Be" is the current slogan of the United States Army, it's been the Watkins family philosophy for generations. The admiral participated in a personal excellence program long before he packaged it and introduced it to the navy. His father was a successful Southern California Edison executive, and his mother was the first woman to run for the U.S. Senate in California. Overachievement ran in the family.



An early proclivity for volunteerism might have predicted the future admiral's work. His favorite gear in Pasadena was this volunteer fireman's outfit. Little did young Jim know that he would spend most of his adult life in uniform. Two of his sons followed suit and joined the navy, and one, Charles, married the daughter of a four-star army general.

"We were like any other good family in that we had examples in our mother and father," he says. "There were seven of us kids. As number six, I was beaten around the head and shoulders by the top five. I learned to struggle along. Although we weren't wealthy, we had enough money so that my parents were able to pull me out of a useless school and send me to a good one. The do-it-yourself education process was in vogue in the '30s, and it meant 'take away the tough stuff and give the kids the easy stuff.' My mother hauled me out of there and had me tutored for three months to get me ready to attend the good school."

He met his wife, Sheila, when he was stationed in San Diego and she was a senior at San Diego State College majoring in journalism. Her dad was a navy captain, so she was well aware of the topsy-turvy life in store for her when she said yes to his marriage proposal.

"We fell in love, head over heels," she says with a laugh. "I never did, as they say in the vernacular, 'do my own thing.' I had interests, but by and large I was a homemaker. The navy takes it out of you as a family. It's hard, very hard. I'm a strong person, and there were times when if it hadn't have been for my faith, I don't know if I could have made it."

Somehow she kept order in the house even though the house changed 32 times in their naval career. Because the admiral was a nuclear submariner, he was at sea for long stretches, leaving her to supervise their six children. As difficult as the separations and numerous moves were, the nomadic lifestyle cemented the family together. Friends kept changing but the family was always intact.

"Of course, no one is perfect, everybody's got warts, but our children are bright and have been blessed with good health," Mrs. Watkins says. "They're all very, very high achievers. None is laid-back. In that way, they're like their father."

As the sixth of seven children, young Jim (seated on the stool) took his share of hard knocks in the boisterous Watkins family. His father died when Jim was 17, but he found strong role models in Earle M. Jorgensen, a Los Angeles businessman who advised him to make the navy his career, and in Adm. Hyman Rickover.

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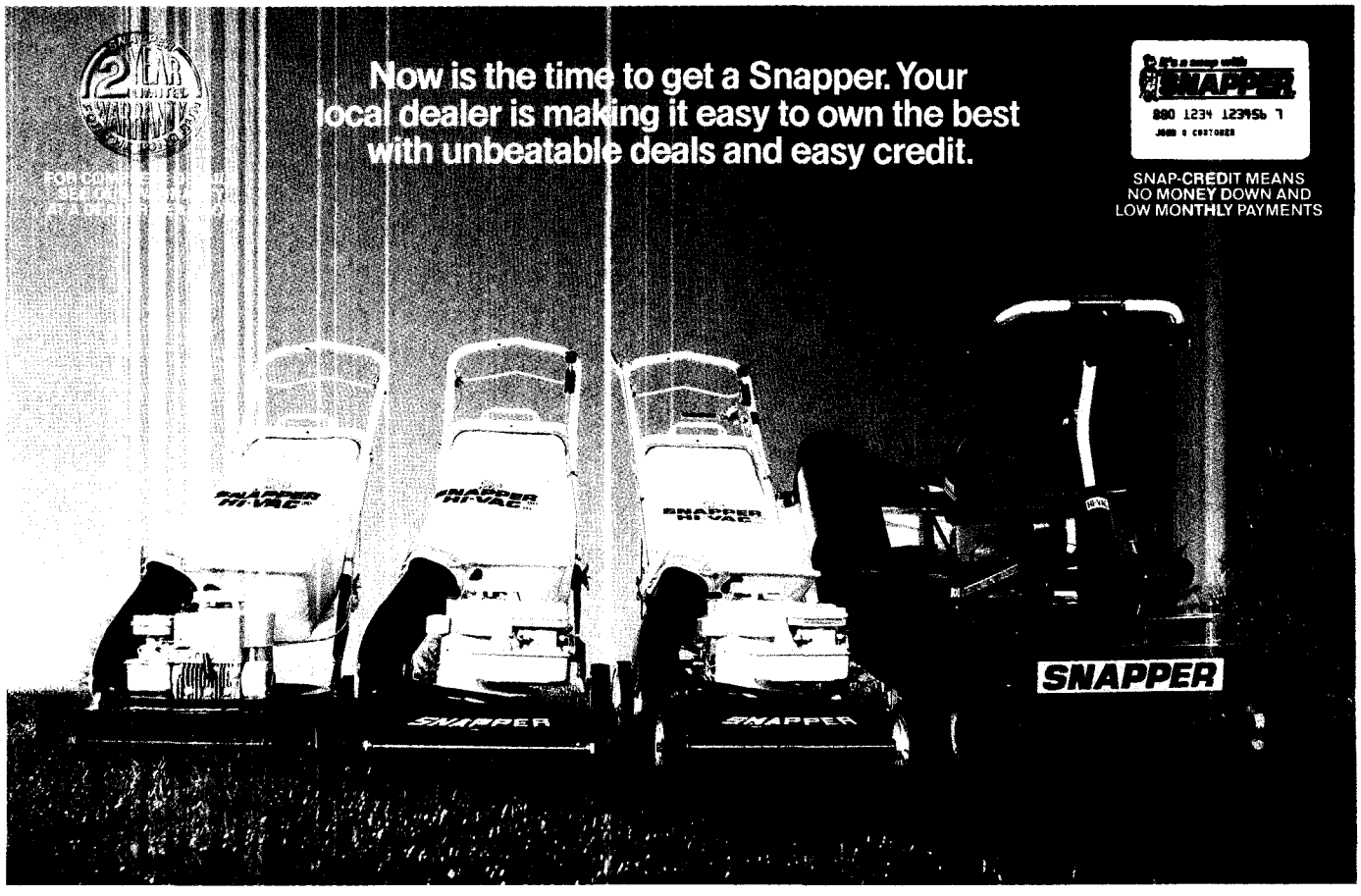
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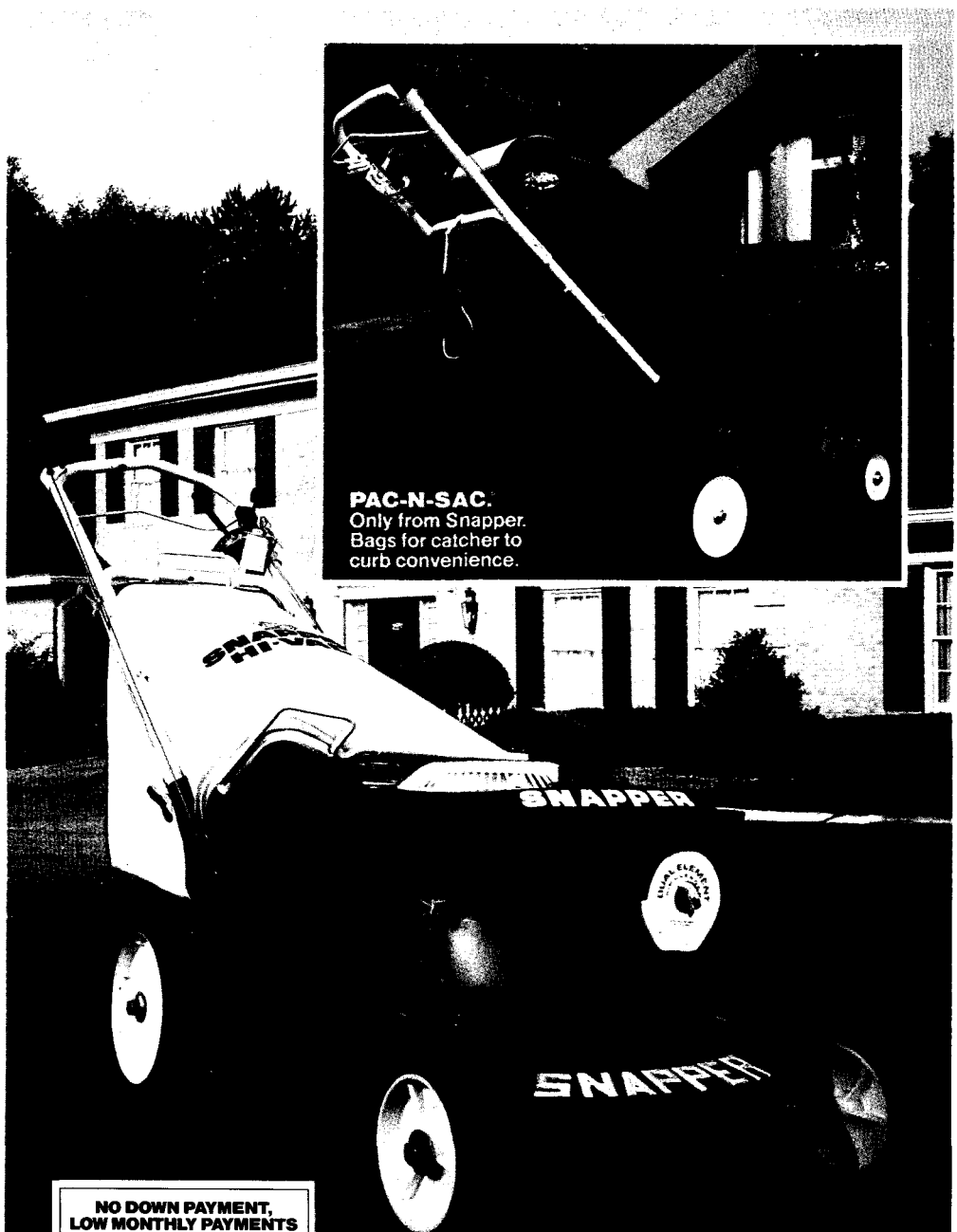

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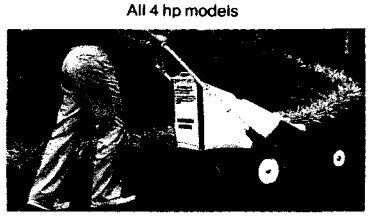

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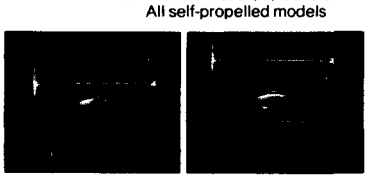

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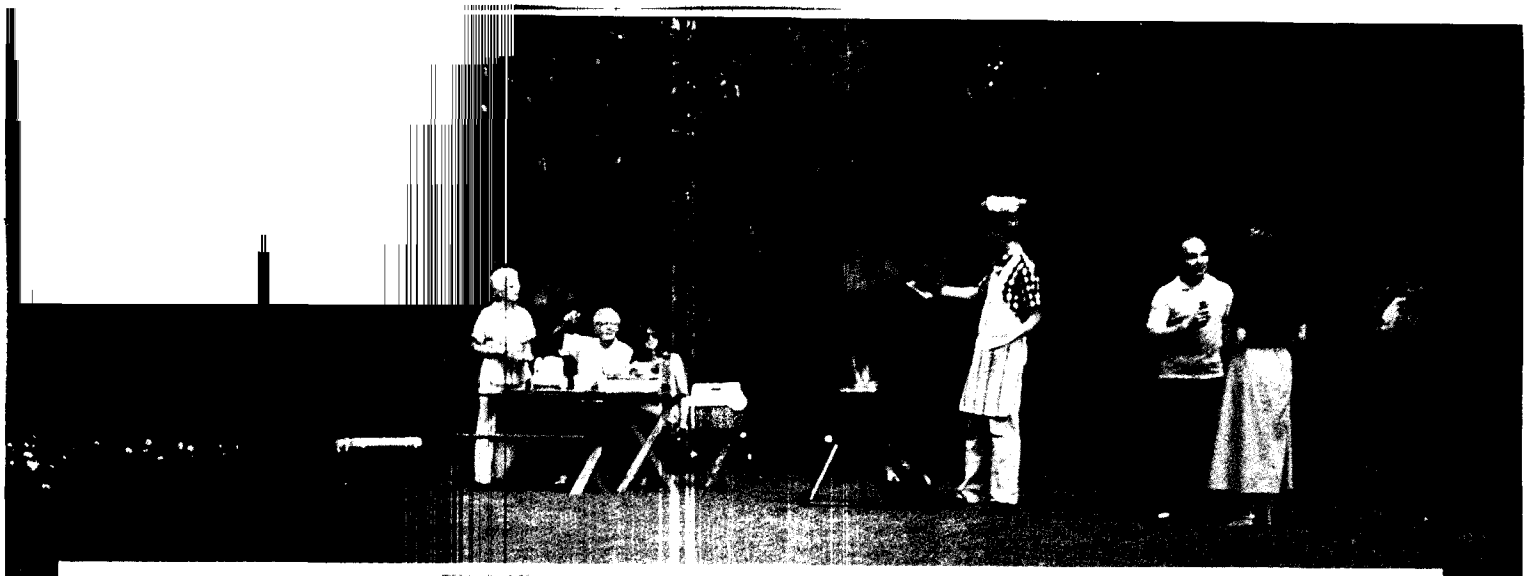

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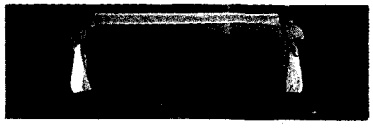

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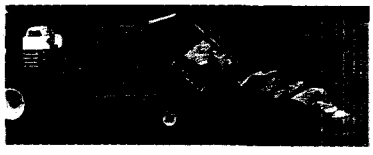

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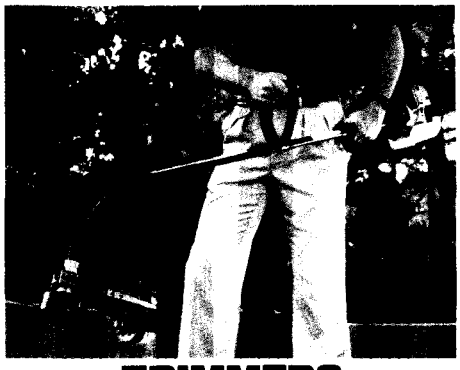

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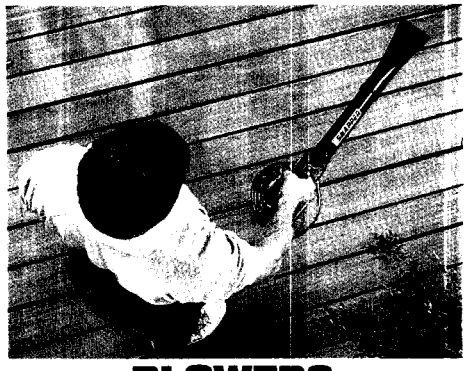

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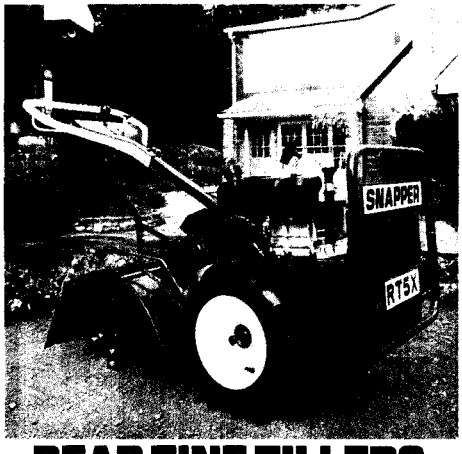

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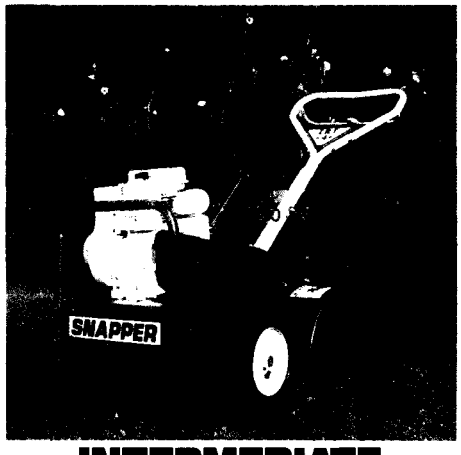

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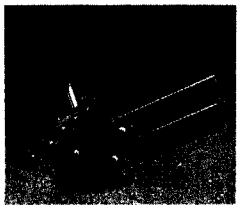

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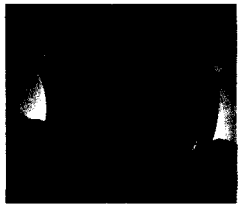

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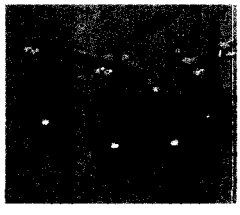

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Today the Watkins kids are scattered from Norfolk to Brooklyn to Louisville to Bethesda, Maryland, to New London, Connecticut, to Rome. Katherine is a nurse, Laura Jo is active in the theater, Charlie is an engineer working on navy ships, Susan is a programmer for the Kentucky Center for the Arts, James, Jr., is in his last year of study for the priesthood, and Edward is an officer in the navy. If the children are still mobile, their parents have settled into a retirement that almost smacks of normalcy. Their Washington "duty station" has remained surprisingly fixed, and no plans for a move have been announced. Until the AIDS commission submits its final report in June, the admiral's headquarters will be the commission's pleasant suite of offices on 15th Street. After that, it's anyone's guess. But you can rule out shuffleboard and rocking chairs.

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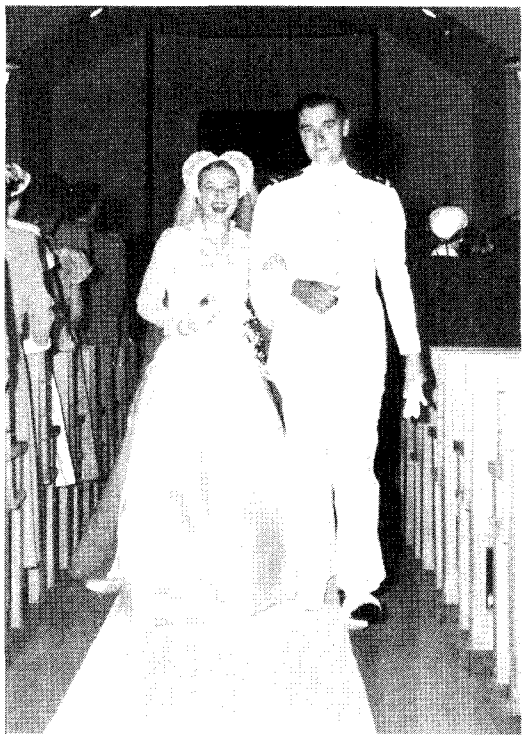

Sheila Jo McKinney knew all about the rigors of navy life when she married Jim Watkins in 1950. Her father was a navy captain, and much of her childhood was spent in China and the Philippines. Her deep patriotism dates back to her family's safe evacuation by the navy just before World War II.

Raising a family of six is a challenge when "home" changes 32 times. Sheila Watkins credits international travel with keeping the family closely knit. It also had a glamorous benefit: her daughter Laura Jo met and charmed Prince Charles during one of many visits to the United Kingdom. One child still lives abroad.

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PICTURE PERFECT GARDENS

With a color scheme in mind, you can transform an ordinary flower garden into an artistic masterpiece.

by Dr. Ellen Henke

You have experienced it—that special moment you stroll in a garden and the light is just right and the colors combine in a unique way. These garden-color experiences do not happen by accident; they must be carefully planned.

You too can produce such moments in your garden once you appreciate the history of garden color and understand the color wheel. The garden color schemes of today had their beginnings in the revolutionary designs of Gertrude Jekyll, a dowdy 19th-century artist and gardener *extraordinaire* with a striking likeness to Queen Victoria. Jekyll took issue with her era's gaudy mishmash of garden colors. Her solution was to apply the same theory of color used in Impressionist painting. Her masterpiece, *Colour Schemes for the Flower Garden*, is still read today.

Jekyll believed that a gardener should be like a painter, using the flower bed as the bare canvas, a trowel as the paintbrush, a spade as the spatula. Gardens should first have a well-planned and deliberate grouping of colors, she asserted. Although Jekyll "painted" on a grand scale, the idea of harmonious color combinations can be applied to smaller American gardens as well.

A garden color scheme is best developed around either the exterior color of your house or the interior color scheme of a room opening onto the garden. A color scheme can also coordinate with a view of a woodland, a lake, or a nearby natural feature; or it can be built around single plants, such as a cut-leaf Japanese maple, a smoke tree, or a white birch.

The color wheel helps to develop pleasing and effective color schemes, especially for newcomers to gardening. The wheel is composed of the three primary colors—red, blue, and yellow—and the three secondary, or intermediate, colors—violet, green, and orange—achieved by mixing the primary colors. The pastels, or paler tints, are made by adding white; the darker shades, by adding black.

Harmonious color combinations are created by marrying colors that blend naturally. The simplest, and perhaps most sophisticated, way to color harmony is a monochromatic color scheme—additions of one main

A flair for color coordination can produce striking effects; experts recommend consulting a color wheel when developing a garden design.

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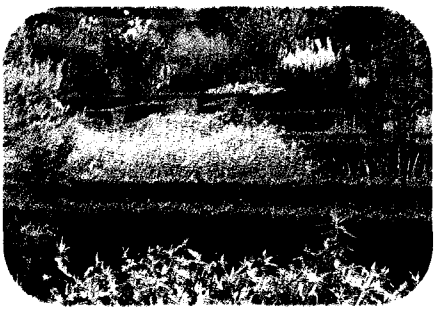
color only. A monochromatic garden eliminates clashing color partnerships. The most famous—and possibly the best—monochromatic garden is the white garden of the late British garden writer Vita Sackville-West, at Sissinghurst Castle, England. Visitors there sense a peaceful ambience, a hallmark of monochromatic garden schemes. A blue-violet garden of pansies and heliotropes, progressing to the violet of verbenas and the blue of lobelias, browallias, and anchusas, provides a similar restful effect.

Colors nearby on the color wheel can add to a monochromatic color scheme without affecting its restfulness. For example, red *Salvia splendens*, a perennial orange-red *Crocosmia*, or a red-violet petunia go quite well with a monochromatic-blue scheme. Reds, oranges, yellows, and lime greens also produce a bright, cheerful color scheme, and pinks, crimsons, violet blues, and purples create a cooler, more restful garden tapestry. Bisect the color wheel to create such harmonious color schemes; colors within any semicircle will combine successfully. Other harmonious color partnerships can be built on related colors—any three successive colors, such as green, yellow green, and yellow.

Dramatic garden color schemes use contrasting colors—opposites on the color wheel. These colors are called complementary. For example, blue complements orange, a combination feasible by mixing blue salvia and purple-violet penstemon with coral dreamland zinnias or other orange zinnias or marigolds. Colors taken from opposite sides of the spectrum can harmonize instead of contrast; the colors must be similar in tone and equally low in intensity. Pale blue and pink are perfect partners, but scarlet and royal blue can be disconcerting.

"Peacemakers"—such neutral colors as gray, white, or matte green—or third colors lying between contrasting colors on the color wheel will unite contrasts. Silver mediates between blue and yellow, and violet provides a smooth transition between red and blue. Contrasting color combinations create emphasis in the middle of a border or unite different sections of the garden by directing the eye from one definite color group to another. But don't overdo contrasting color



Variations of white produce perfect harmony in the Vita Sackville-West garden.

combinations. The result could be a hyperactive garden—not a restful place to spend time in.

Split complementary colors create pleasing combinations with interesting contrast—for example, a color plus the two colors on either side of its direct complement, such as violet with yellow orange and yellow green. Or choose from related complementary colors—two adjacent colors from opposite points on the color wheel—such as blue and blue green with orange and red orange.

The most dramatic color schemes contain a contrasting color in an otherwise harmonious group. Startling yellow-and-violet or red-and-green complementary color pairs can be used. Imagine the impact of a giant red dahlia displayed against a pristine green lawn. A quiet effect can also be achieved, as when a soft lavender, rather than a bright violet, is added to a scheme of apricots and corals.

Repeating the plant associations throughout your garden gives it unity, balance, and harmony, regardless of size. You might simply repeat your favorite color or combination of colors. If reds and yellows dominate one section of your garden, blues and pinks another, choosing one unifying neutral color will be important. White, the sum of all colors, is the perfect neutral framework to hold any flower garden's design together. Silver or green also makes a good unifier.

Color is of utmost importance in creating a garden's mood. A garden for a Victorian house will feature burgundies and clarets, golds, rich blues and purples, and deep greens. An English landscape atmosphere for a country farmhouse will employ such muted, hazy colors as pinks, blues, lavenders, very soft reds, and pale icy yellows to create an illusion of distance in the garden, because these pale colors cannot be seen clearly. Intense colors used in the distance will "shorten" a garden by appearing closer than they actually are.

If you prefer to paint your garden with many colors, arrange them in a progressive sequence. Start at one end with flowers in shades of blue; move on to white, pale yellow, and pink; continue with the stronger colors of scarlet and orange; and end with red. This rainbow effect eliminates the chance of color clashes.

Most important, don't let the color in your garden be an afterthought. Although you have many other plant characteristics to consider—height, texture, annual versus perennial flowers, season, length of interest, etc.—color should be your *first* consideration. As Gertrude Jekyll pointed out long ago, lots of plants merely add up to a collection and not a well-designed garden with unity and harmony. Make good marriages of plant colors in your garden and create a look that expresses your style. In the process, you will discover that the garden is never finished; it continually evolves, and as it does, you too will evolve and develop as a gardener and as an artist in your garden.

Ellen Henke

At her home, the author juxtaposes lavender and white wisteria with matching flower beds.

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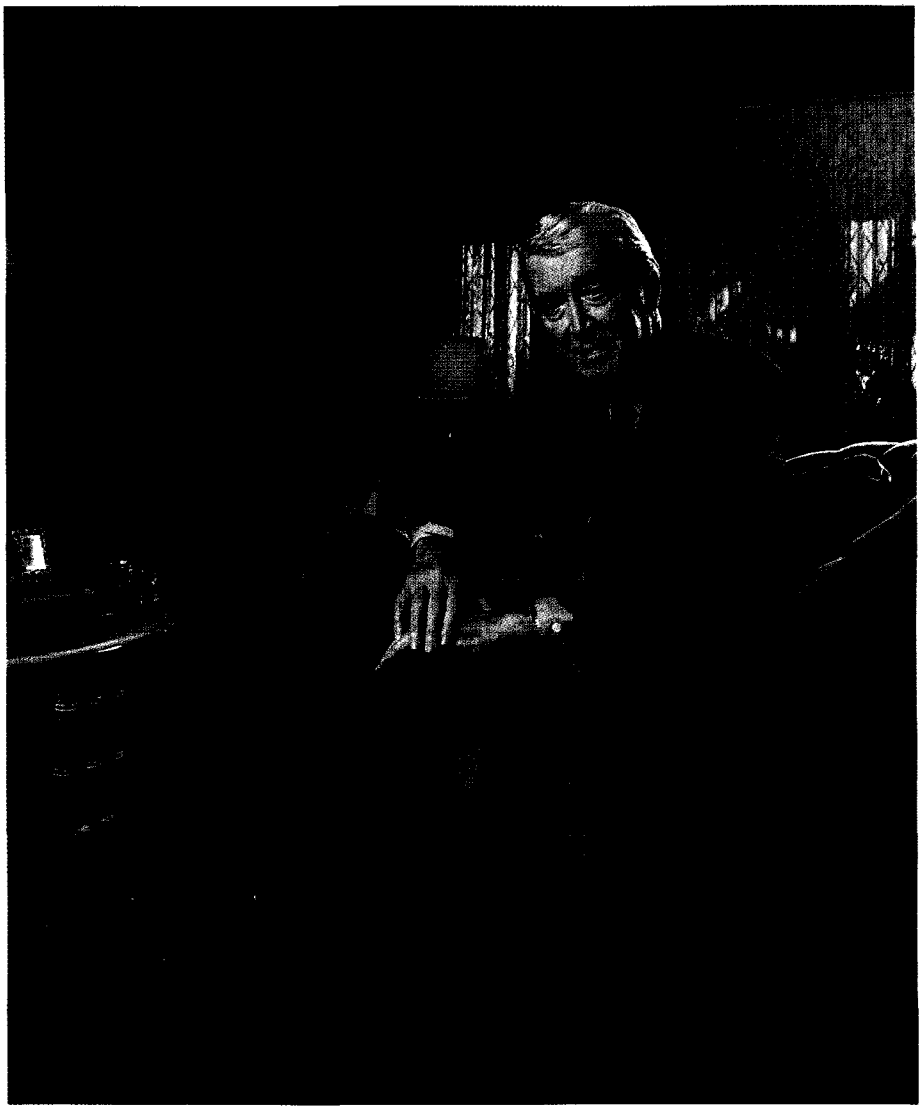

AH...WAAL... IT'S JIMMY STEWART

by Cork Millner

At age 80, after his many triumphs in westerns, biographies, and love stories, the universally acclaimed actor feels he belongs.

It is early afternoon as I walk up to Jimmy Stewart's Tudor-style home in Beverly Hills. A small van crammed with tourists on a "See the Stars' Homes!" tour quickly comes to a stop in the street. They press their noses against the van's windows and wait expectantly. I ring the bell.

The door opens and Jimmy Stewart stands framed in the entryway. He looks as if he had just stepped out of a vintage Norman Rockwell painting. His gangling 6'3½" frame is attired in a blue blazer, gray slacks, and a maroon tie; he blends perfectly with the Ivy League feel of the brick house. Stewart shakes my hand; then, seeing the bus, he waves at the tourists.

"You . . . ah . . . waal . . . you'd better wave," he says in the world's most imitated voice, a mixture of corn syrup, stammer, and pure fun. I wave. Jimmy waves. The film fans grin wildly and wave back, their shouts of "Hi, Jimmy!" muffled by the sealed windows of the van.

"Well, now . . . come on . . . come on in," Jimmy Stewart says. He waves one last time and then closes the door behind us. I wonder aloud whether overenthusiastic fans ever get off the bus and knock on his door.

"Oh, sure," he says, leading me into the living room. His walk, at age 80, is still the familiar Stewart gait, like a circus clown on spindly stilts. "They . . . they want me to autograph something, or mostly just to say hello," he says.

"Doesn't that interfere with your privacy?" I ask. Then a different thought hits me. "Or do you feel you belong to the public?" I ask.

"Absolutely," he replies. "I don't feel that my private life is my own. I must devote some of my life to my audience—my partners." He pauses. "Long ago someone told me that even though I might become a star in the movies, always remember this—never treat your audience as customers—always treat them as *partners*. I've never forgotten that. It's . . . it's a tremendous piece of advice," he says.

For five decades Jimmy Stewart's "partners" have applauded his down-to-earth qualities, both on and off the screen. The ideal father, he attended PTA meetings and marched in Boy Scout parades. He's the decent guy who's long been a staunch member of the Beverly Hills Presbyterian Church. He's the patriotic American who flew 20 combat missions in World War II. He's the nice guy who's never had a scandal attached to his name, and he's been married to the same woman for more than 38 years. Once described as "the most normal of all Hollywood stars," James Stewart is still the "aw, shucks" kid on the block, the "Mr. Nice Guy" in town, and "everybody's man" to a world of fans.

Stewart's 1940 MGM biography stated: "His type is as normally average as the hot dog and pop at Coney Island." Moviedom's moguls capitalized on his ideal American appeal by casting him in parts that projected that image. His first big hit, *Mr. Smith Goes to Washington*, established him not only as "Mr. Average Nice Guy" but also as an exceptionally talented actor.

In *Mr. Smith*, Stewart played Jef-

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ferson Smith, a decent, trusting person who by fluke is appointed senator by his state's crooked party machine. The climax of the film is Smith's filibuster on the floor of the U.S. Senate to prevent his fellow senators from voting on his expulsion. The scene was a grueling one for Stewart.

"Grueling is as good a word as any," Stewart remembers. "The hardest thing for me was trying to fake the hoarseness in my voice as the filibuster went on." As he recalls the story, Stewart begins to speak in a deep, gravelly voice: "At the end of the day's shooting, the director, Frank Capra, came up to me and said, 'Jim, you don't sound as if you're losing your voice; you sound as if you're faking it.' Now, that really worried me, so on the way home I stopped at an ear, nose, and throat doctor and went in and said, 'Is there any way you can give me a sore throat?'

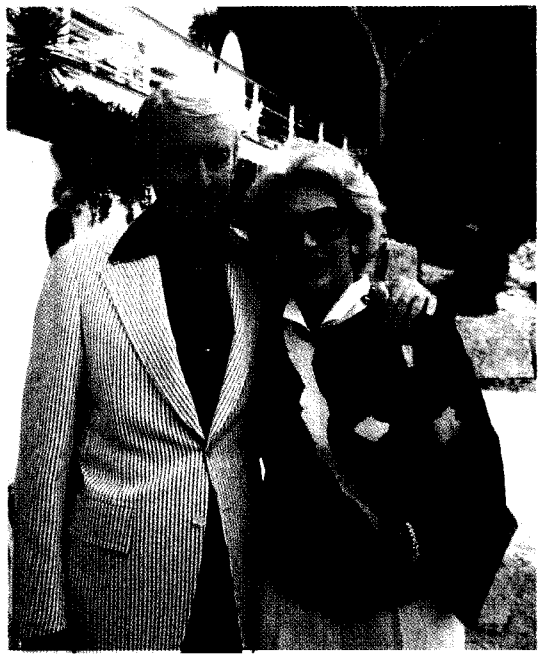
"And he just looked at me kinda puzzled and said, 'I've heard you Hollywood people are crazy, but you take the cake. It's taken me 30 years to learn how to *keep* people from getting a sore throat, and now you come in here and want me to *give* you one. O.K., I'll give you the worst sore throat you've ever had in your life!' So I said, 'Well . . . fine.' "

The doctor agreed to accompany Stewart on the movie set the next day. Every few hours he would swab the actor's throat with a vile mercury solution that swelled and irritated the vocal cords. "I could hardly talk," Stewart remembers. "Hurt something terrible, but it worked!"

Stewart's medically aided tour de force in *Mr. Smith* garnered a 1939 Academy Award nomination, the first of five. Stewart and Clark Gable (for *Gone with the Wind*) were rated as equal favorites to win, but Robert Donat took home the prize as the schoolmaster in *Goodbye, Mr. Chips*. A year later Stewart did win the Oscar for his portrayal of a young newspaperman in *The Philadelphia Story*.

Whatever genre Stewart has performed in, from westerns (*Winchester '73*) to mysteries (*Rear Window*), from biographies (*The Spirit of St. Louis*) to sentimental tales (*It's a Wonderful Life*), he has never subordinated his own image to that of the character he portrayed. Asked if he really plays himself on the screen, he replies, "I think I like Laurence Olivier's answer. He said, 'I always play myself—with *deference* to the character.' I guess that's what I try to do too."

Jimmy Stewart stands quietly in his living room, surrounded by photographs and mementos of a life he has shared with millions of moviegoers. On the black surface of a grand piano are framed photographs of his wife, Gloria, and their four children; pictures of Stewart with Ronald Reagan;



"It's good . . . darn good," Jimmy Stewart says of his nearly 40-year marriage to his wife, Gloria.

and a color shot of Gloria and Jimmy with Pope John Paul II.

Stewart points to an oil painting on the wall and says, "Hank Fonda painted that. It's of my horse, Pie. He died two days after Hank finished painting it. I rode him for 20 years in my western movies."

A skilled horseman, Stewart made some 18 westerns, ranging from his first 1939 comedy role in *Destry Rides Again* with Marlene Dietrich to a minor part opposite John Wayne in *The Shootist* (1976). As the "fastest slowpoke in the West," he also starred in such classics as *Broken Arrow, Cheyenne Autumn,* and *How the West Was Won*. Walter Brennan, often cast as his tobacco-chewing sidekick, once remarked, "Jimmy Stewart's not one of your root-in'-tootin', quick-draw cowpokes. Jimmy may look like he's dawdlin' along, but it ain't so. He's really one smart *hombre*. And straight as a hitching post!"

"In many ways, westerns are the most legitimate and colorfully dramatic tales of Americana," Stewart says. Then he adds, "I loved making them."

Stewart turns away from the painting of his horse and walks to a couch near a wall of bookshelves. "Well, I guess we can sit here. I call this 'my spot,' " he says. Behind him on the bookshelf is a statue of an elephant.

"Nice to have something conservative around," he says with a sly grin. Stewart is a staunch conservative Republican and a close friend of Ronald Reagan's. Asked why he never ran for president, Stewart replies, "I can't talk fast enough to be a politician."

Stewart settles on the couch, hands folded in his lap. His fingers are long and delicate, better suited for portraying a pianist than playing a western sheriff drawing a six-gun for a shootout. I ask whether his favorite movie was a western.

"No, a comedy," he replies. "*It's a Wonderful Life*, that was my favorite. I liked it because the story wasn't from a book, or a play, or a true happening, or a script developed by writers. It came from two sentences in letters that the director, Frank Capra, received from a friend. One of the letters had a p.s. that said, 'Just remember, no man is born a failure.' Later, another letter carried this p.s.: 'Nobody's poor who has friends.' The movie evolved from those phrases, and it fascinated me. The whole cast and crew had the feel of being creative. It was very exciting for an actor."

Is there such a thing as a natural actor? I ask.

"I think so."

Are you?

"I don't . . . think so." Stewart responds slowly. "I mean, acting doesn't come easy to me. I've always had great respect for it, because you can never sit back and say, well, 'I've got it made and I can play *anything*.' You're always learning."

Is acting fun?

"Sure, it's fun. Anything that's your life's work has got to be fun, for

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19th-century engraving

THE WAR OF THE WICKET

Whether a "sport" played on the greensward by teams wearing traditional white, or a "game" enjoyed by the barefoot in their backyards, croquet is definitely on a roll.

by Will Higgins

Considering today's accent on exercise, how can the sedentary competition of croquet be second only to sailboarding as America's fastest-growing game?

Figures leave no doubt that more and more people are now applying mallet to croquet ball. A decade ago there were only 5 croquet clubs and 100 active tournament-caliber players in the entire country. Today—due in part to the promotional efforts of Jack R. Osborn, the founder, president, and director of the 11-year-old United States Croquet Association—clubs number 300; nearly 4,000 card-carrying players are bent on converting the game from its backyard status to that of a competitive sport.

Forster Manufacturing Company, the major domestic maker of croquet equipment, is doing its bit to keep the ball rolling. It has produced three-quarters of the industry's highest output since the 1950s. A clothing designer, Karen Thompson, reportedly is devoting an entire catalog to croquet fashions. And don't be surprised if topnotch American croquet competition is brought into your living room this summer, courtesy of the ESPN network.

In other words, croquet is—hot!

Why the sudden interest in this sweatless form of rivalry? Richard Young, a retired Smith College English professor and a fiend on the greensward, says it's "absolutely age and gender neutral." Thus, we find Nelga Young (no relation), a woman in her 70s, ranked 15th in the nation, and her husband, John, holding the 8th spot; rankings do not separate the men from the women. (At the turn of the century, in some circles, the mingling of the sexes during croquet matches was considered libertine. A Boston-based journal, in fact, likened the wickets to "the gaping jaws of Hades.")

Croquet being first of all simply a matter of the mallet striking the ball, beginners are not intimidated. Beyond this, strategy, at high levels, can be intricate enough to keep even the most accomplished veteran from becoming bored.

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Dana Dribben "pegs out" to finish a wicket round on the courts at Georgia National Resort.

Although both the backyard game and the sophisticated sport involve knocking balls over lawns and through wickets, there the similarities end.

In the backyard version, equipment consists of four different colored balls, a long-handled mallet for each player, a set of nine wickets (or wire hoops), and two wooden stakes, laid out in a specified pattern. The object of the game is to whack the ball through each of the hoops, in proper order, and finally against the second stake. Each player in turn drives his ball through a hoop or "roquets" (drives his ball against) another ball in play. Should he succeed at the roquet, he is entitled to two further strokes; for the first he may "take croquet," placing his own ball against the roqueted ball and driving it anywhere but out of bounds. He uses his other shot or shots to either roquet another ball or try to traverse a wicket. If he fails to reach the second wicket, the next player takes his turn.

By contrast, the highbrow version, claimed by USCA members to be the "real" croquet, involves but six wickets around a single stake, placed on putting-green-like lawns measuring exactly 105 feet by 84 feet. Their mallets alone, they say, made from very dense hardwood, may cost up to ten times as much as backyard-variety amateur sets. Their wickets are narrow and the balls only 3/8 of an inch smaller in diameter. And if a player doesn't wear white in tournament play, he doesn't play.

They also love to point out that the croquet played by people while grilling in their backyards is rightfully called a "game"; the "real" croquet is a "sport."

Such talk rankles Christopher R. Reaske, the author of a soon-to-be published book, *Croquet: The Gentle but Wicket Game.* "Talk like that makes it hard for croquet to shake its heritage as a game for the idle rich," he complains. Reaske, of course, is not of tournament caliber. Although enthusiastic, he is not a serious player. He holds that croquet is meant to be "enjoyed, zany, and filled with quasi-lustful adventure, rhythms of flirtation and courtship, and even a sense of comedy." He compares singles competition to "swimming nude on a deserted beach"—and urges players to "wear nothing but a white placard-front Swiss cotton shirt if you feel like it. Go barefoot if you want to. Who's to tell?"

Devotees on the University of Virginia campus adhere to the strict dress code of the United States Croquet Association.

Try going barefoot on the courts in Palm Beach Gardens, Florida—Osborn's home courts—and your toes will be in jeopardy. "That's bad form," Osborn says, "and we wouldn't allow it."

If USCA members consider Reaske's views somewhat irreverent, they would be more than a little shocked at what goes on in the backyard of Deanna McMullen, the editor of the fledgling, Anaheim-based *Croquet Today* magazine. There, on 1½ acres, she has arranged no fewer than 78 wickets in a most unusual configuration. The yard is divided into four courses, all of which must be completed in an afternoon's match. The wickets, of varying widths, must all be cleared by the players.

McMullen is a stickler for informality. In the magazine's first issue she argued that the traditional croquet whites are stuffy. "Croquet has come a long way, baby," she wrote, "and it's time to bring the dress code up to current standards." One possibility: "a lucky pair of blue jeans." Not surprisingly, on her magazine's cover players cavort in Hawaiian shirts. One of the house rules at her strange court: if you break a tree branch, go back two wickets. "It's sort of like miniature golf," McMullen said. "We believe in family fun."

Game, sport, dress, barefoot, or shod, a player may be drawn to croquet for social reasons only. Despite some public-relations efforts, the game-sport still conjures up images of old money and sophistication—and not without justification.

It is said that croquet in its original form was first played by French aristocrats in the 13th century. A few hundred years later their English counterparts picked it up; today croquet is most frequently played by the English-speaking. Among the names of this century's most celebrated enthusiasts are those of King Edward VII, Averell Harriman, and a number of East Coast literary figures, including Herbert Bayard Swope, the executive editor of the old *New York World.* Swope allegedly kept Al Smith, New York governor, waiting on the phone while he finished a game.

Despite the differences between today's croquet aficionados, their views are not entirely dissimilar. Although the zany Reaske, a Yale man, advocates bare feet, he also states in his book: "When everyone comes [to a croquet shindig] in croquet whites, the total effect is terrific." Later he cautions against being "a court jester in polyester." McMullen recently welcomed to her radical backyard members of a local "Ferrari club," whose common interest is ownership of expensive Italian-made sports cars. And even members of the USCA, though seemingly staid, have their lighter side. At the annual Croquet Ball, a formal affair held this year in Palm Beach, it is traditional for the men to wear tennis shoes with their tuxedos or dinner jackets. And several years ago, on the night before an important match against a team from Australia, the USCA players became so highly spirited they partied the night away. The Aussies made short work of them next morning.

Even Jack Osborn, who refers to croquet as "a champagne sport, not a beer sport," has been known to wax democratic. "Croquet is for every-

continued on page 108

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The Many Coasts of South Carolina

The "kingdom by the sea" is diverse enough to satisfy even the most princely of tastes.

by Sam Mills

• On Hilton Head Island, Fortune 500 conventioneers, sunburned from a company golf tournament, drive down the William Hilton Parkway toward the Marriott hotel for a live, face-to-face teleconference with their firm's West Coast brethren. Near Singleton Beach, their shuttle bus passes an overalled, white-haired black man, plowing his garden behind a single horsepower.

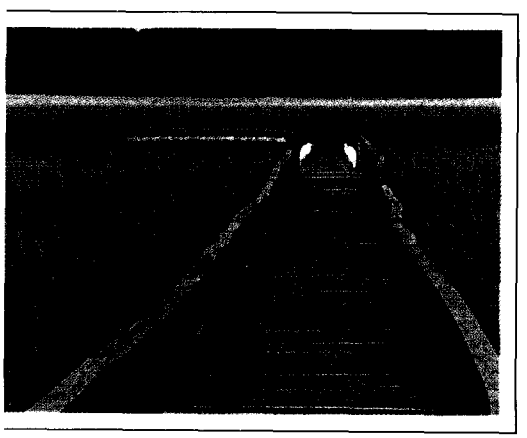
• A hundred miles up the coast at the entrance to Charleston Harbor, a tour boat passes within grapeshot-distance of Fort Sumter—the target of the "second shot heard round the world" fired in 1861, beginning the American Civil War. Nearby, a nuclear-powered submarine slinks into the harbor and sails toward Charleston Naval Base at the mouth of the Cooper River.

• Sixty-five miles farther north, in Georgetown, the ghost of a saber-decapitated British sentry prowls the Black River Swamp with a hurricane lamp, looking for his head. Overhead, jets from the Myrtle Beach Air Force Base streak for home.

All this is by way of demonstrating that there are many South Carolina coasts, many contrasts: northern and southern, Grand Strand and "sea islands." Rich and poor, old and new, past and present, the 19th and the 20th centuries sit seamlessly cheek by jowl.

The socioeconomic spectrum is extreme, ranging from the posh condos of Hilton Head (where a seaside townhome in Port Royal Plantation can run half a million dollars) to the Gullah cadences of McClellanville and Johns Island and Cape Romain, where tarpaper shanties and liveli-

Fishing's the thing from one side of the sea islands to the other: (below) on the inland side, a rickety "marsh walk" leads to salt-marsh water; on the oceanfront (right), boys surf fish for shark.



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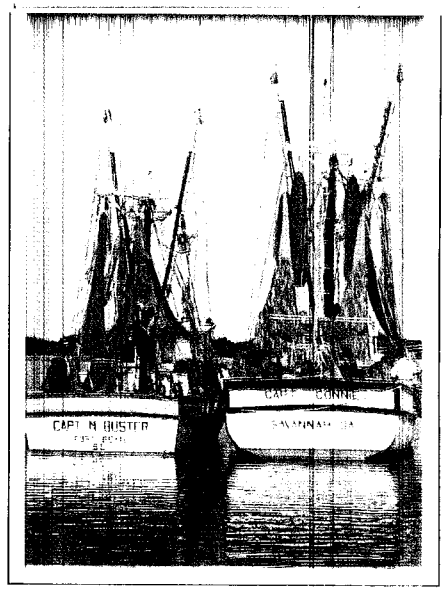

Sweetgrass baskets are an African handicraft. (Right) Working shrimp boats tie up for refueling at Hilton Head harbor.

hoods eked from the swamp with a wooden "bateau boat" bespeak a centuries-old way of life.

Geographically, the 185-mile coastline is itself a contrast, dividing neatly into two sections: the northern "Grand Strand," its hub Myrtle Beach; and the southernmost sea islands, anchored by tennis-shoe-shaped Hilton Head. (The three-century-old port city of Charleston [pop. 275,000] sits more or less between them.) North, at Myrtle Beach, the coast breasts toward the Gulf Stream. For this reason, the Myrtle Beach area is better for surfing, surf casting, and offshore fishing, especially for such blue-water species as king marlin and dorado. Mickey Spillane lives here at Murrells Inlet and fishes in an annual billfish tournament named for him.

Below, on the southern half, where the coast dips in toward Savannah, are the myriad "sea islands" (not to be confused, incidentally, with Georgia's famed Sea Island, site of the five-star Cloister hotel). Here, South Carolina's great black-water rivers—Waccamaw, Santee, Sampit, Ashley, Cooper, and Savannah—pour into the sea, their detritus giving rise to deltas and the hundredfold coastal islands. Among them is Hilton Head, said to be the largest island on the East Coast between New Jersey and Florida (some sources say Georgia's Cumberland Island is slightly larger). Other of the larger sea islands include Sullivans, Folly, Seabrook, Edisto, and Fripp, as well as Hunting Island, the site of a wonderful oceanfront state park.

And, of course, this is to speak only of the major islands. The smaller marsh islands are numberless. There are hundreds in Hilton Head's Beaufort County alone, accounting for the

(Left) The PGA's Peter Jacobsen, competing in a recent Heritage Golf Classic, eyes the 17th green of the Harbour Town Links. (Right) The links' 18th fairway is a close neighbor of plush seaside condos.

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area's popularity with rumrunners during Prohibition and with drug-smugglers today. For anglers, this is the area of salt-marsh creeks where flounder, trout, and spottail bass are caught with live shrimp over oyster beds or "rakes."

Time itself has set up yet another contrast: a South Carolina coast of the "then and now"; an area with 250 years of history before America was even born. Your writer's acquaintance with the coast extends back 35 years when, for an unbroken string of boyhood summers, his family occupied the Thompson House on Pawleys Island. In the '50s a young boy could fall in love with the girl-next-door every summer. (One year she spoke with an English accent like Hayley Mills'.) The bathing suits might have had something to do with it: under the influence of the touristic Outside World, they shrunk magically year by year. In the coming years, as the interstate highway system took shape and the Sunbelt caught on with the North and, finally, Canada, the Carolina coast was "discovered" all over again.

As the touro-dollars poured in, the reinforced concrete was poured down. And as the hotels and condos went up, the tennis courts and the putting greens went down. As a result, today the coast is a sporting wonderland—one sandtrapped-and-charterboated megaresort, stretching from Myrtle Beach clear down to Hilton Head, broken only by such coastal wildlife sanctuaries as Cape Romain and Hobcaw Barony and by privately held islands such as Ted Turner's St. Phillips.

Within this narrow strip, there are nearly 1,800 holes of golf. Golf occupies an important place in South Carolina: Harleston's Green may have been the first golf club (1789) in America! The Hilton Head area alone has more than 500 holes—several of them in the nation's Top 100. And there are easily a thousand tennis courts—including 300 on Hilton Head, the world's largest tennis resort by far.

There is also the inevitable contrast of town and country. The historic port city of Charleston is truly that most shopworn of brochure clichés—the "living museum." This Charleston time-tunnel effect is so authentic, so vivid, that miniseries producers shot John Jakes' Civil War opus, *Love and War*, on location here with hardly more than a property-master.

Take a leisurely carriage tour down the caverns of moss-draped live oak. On the cobblestones, the steel-rimmed, wooden carriage wheels will loosen your fillings, but it seems as if you're on the set of *Gone with the Wind*—which was, incidentally, filmed nearby.

Edgar Allan Poe's "kingdom by the sea"—where his child bride, Annabel Lee, lived and died and where Poe's classic horror story "The Gold Bug" is set—has played a pivotal role in American history. Its starring role, however, was the American Civil War. Charleston's historic Hibernian Hall was Stephen Douglas' headquarters during the 1860 Democratic National Convention, held across the street. During the convention Douglas stayed next door to Hibernian Hall in the Mills House. When the delegates split over slavery, producing two presidential candidates, the

The Golden Isles of Georgia

The same forces that shaped the Carolina Sea Islands also formed the Golden Isles of Georgia. In many ways, Georgia's coast—tucked far back from the Gulf Stream and tracked by its own mile-wide, estuarine rivers—is an extension of the southernmost South Carolina coast.

There are hundreds of such islands and islets along the state's 137 miles of shoreline, but for the vacationer, only six of the largest are significant. They are, north to south, Tybee Island, near Savannah; Sea Island, the site of The Cloister hotel; historic, golf-pocked St. Simon's Island; secluded Little St. Simons; Jekyll Island and its restored "millionaires' village"; and Cumberland Island, a National Seashore since 1972.

There are also the historic, mainland cities of Savannah and Brunswick, both well worth an extended look—or better yet, a base of operations from which you can day-trip to all the surrounding islands.

The Savannah River forms the southern boundary of South Carolina. And the old port city of Savannah—which sits astride the river ten miles inland—features the largest historic district in the United States. But the best part of Historic Savannah is ballaststone-and-red-brick River Street.

There, quayside cotton warehouses—where once plantation factors tallied hogsheads of tobacco and bales of King Cotton as they were loaded aboard British merchantmen—have been converted into some of the city's best restaurants and choicest shops. The Savannah Hyatt Regency anchors River Street; its river-view guestroom windows are equipped with lights that signal the passing of oceangoing ships.

A number of the largest islands immediately south of Savannah are wildlife refuges—Oatland, Skidaway, Wassaw, Ossabaw, St. Catherines, Blackbeard, and Sapelo—and are great day trips for the vacationer. (Two of them are famous for their organized deer hunts, and Skidaway is the site of an oceanographic institute affiliated with the University of Georgia system.) But just south of them, sitting on the coast near 250-year-old Brunswick, are the cream of the Golden Isles. Collective-

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Georgia's Jekyll Island, a billionaires' playground from 1886 to 1942, now accepts the hoi polloi at its refurbished clubhouse.

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"minority" election of Abraham Lincoln was assured. The first shot of the Civil War was fired not long after or far away.

Today, Hibernian Hall still plays an important role in the city's civic and cultural affairs, and the guest register of the reconstructed Mills House features the likes of Gerald Ford, Elizabeth Taylor, and Hal Holbrook.

Georgetown, lying to the north of Charleston at the back of Winyah Bay, begins the Grand Strand. (At the mouth of the bay, North Island is the last of the sea islands.) Once America's rice capital—and, as a result, today widely known for its waterfowling and its Rice Museum—Georgetown has been dubbed the "Ghost Capital of the South" for its 300-plus resident "h'ants."

You've already met the headless Ghost of Wedgefield Plantation. The Sad Young Lady of Highmarket Street was only 17 when she committed suicide over a broken engagement. For 250 years, on stormy nights, her bloodless, candlelit face has been seen in a dormer window, watching the sea for her faithless seaman-lover.

Thirty-four miles up the coast from Georgetown, the boardwalk-and-ferris-wheel city of Myrtle Beach, the capital of the Grand Strand, could be accurately described as a "permanent state fair." Myrtle's high-rise oceanfront is Waikiki Beach with a pinch of "y'all." At the Pavilion, long lines of masochists form for the corkscrew roller coaster and a cardiac-arrest machine called the Mind Scrambler. Yet, a few miles north on U.S. 17 ("the Ocean Highway"), on a large, multimillion-dollar oceanfront tract, the Center for Meditation in the Western World maintains a discrete presence. The coast of contrasts. . . .

There is a final closing contrast, another "then and now," an optimistic one that reveals everywhere along the coast the omnipresence of growth-in-change. A famous line, much quoted in earlier days, came from Hamilton Basso's *The View from Pompey's Head*, an account of the state during and after Reconstruction: "South Carolina, South Carolina," he wrote. "Too poor to paint, too proud to whitewash."

Today, the coastal South Carolina construction dilemma is between stucco and steel beam, cypress siding and prestressed concrete.

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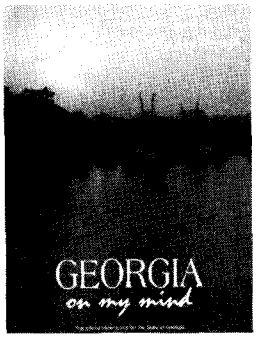

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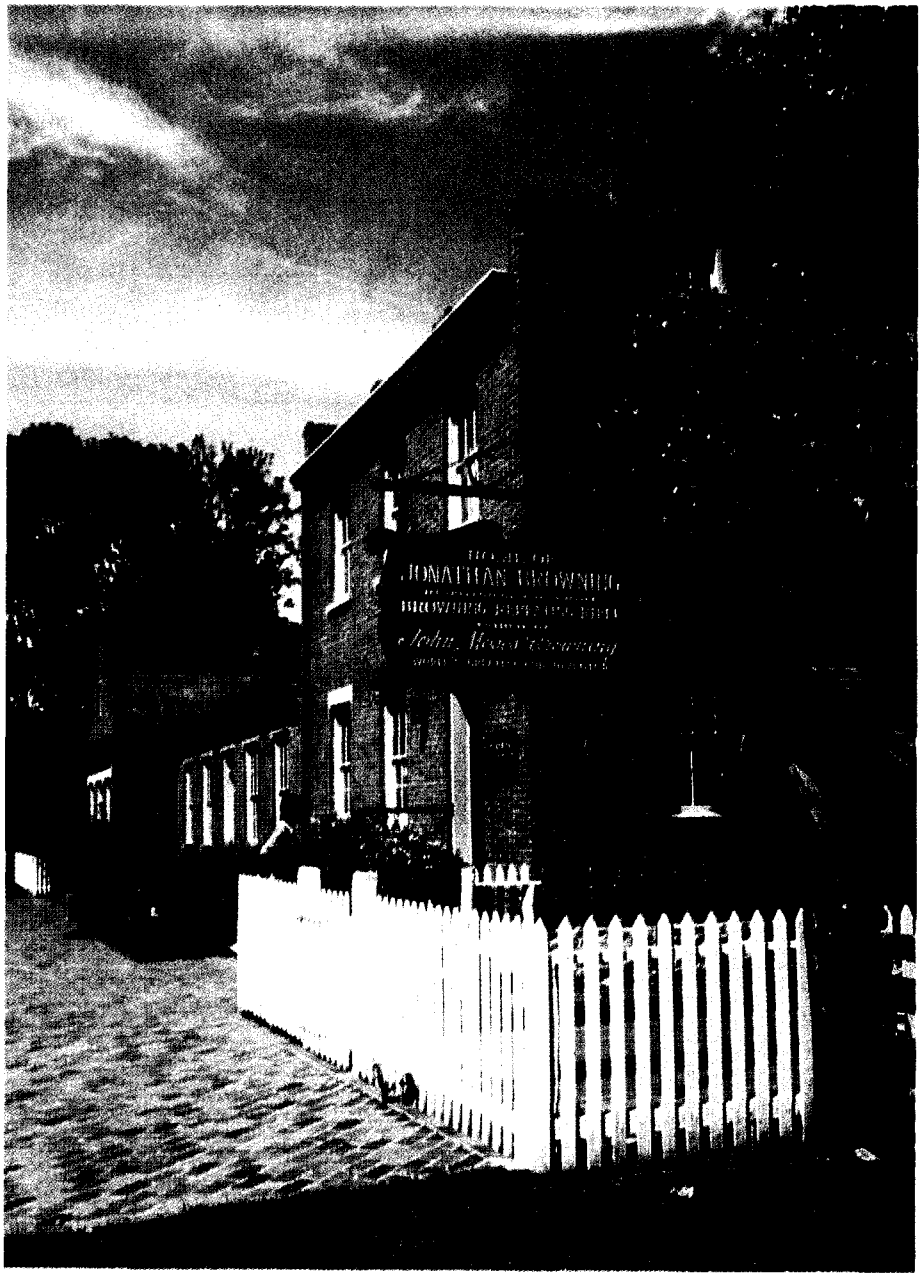
NAUVOO: MIDWESTERN WILLIAMSBURG

The Mormon settlers stayed only seven years and left in haste. Today visitors are returning to their restored city by the thousands.

by William Mueller



Nauvoo was home to several famous figures during its brief heyday. (Above) Jonathan Browning's work made repeating rifles and pistols feasible; (right) Joseph Smith (depicted with his wife Emma) was the original Mormon patriarch.

In Nauvoo, Illinois, near a mammoth bend in the Mississippi, an elderly gentleman shows us around a magnificent 1840s home. He points out that the woodwork we think is oak is really hand-grained pine. He shows us bedrooms filled with samplers, quilt rollers, and trundles. Outside we sit in the above-ground cellar, and he shows its double-wall construction. In his garden he proudly points to peanuts, which he could not raise in Utah—nor eat here, he says and laughs, because of grateful rabbits. He could be father, grandfather, owner of the home. But he's a Mormon missionary host for the Brigham Young home. He hasn't tried to convert us, only to share his enthusiasm for history. Visiting Nauvoo, you will discover, is like attending a series of miniseminars, all digestible.

Between 1839 and 1846 the Mormons converted a swampy village by the Mississippi River into Illinois' largest city. When they fled westward on a winter's night in America's largest exodus, they left behind a city with three newspapers, factories, a university, a brick yard, potteries, and a 158-foot-high temple.

Their church would divide (Church of Jesus Christ of Latter-day Saints, or L.D.S.; Reorganized Church of Jesus Christ of Latter Day Saints, R.L.D.S.). Nauvoo remained for Mormon holdovers; then for French utopian Icarians; later for Swiss and German immigrants who created

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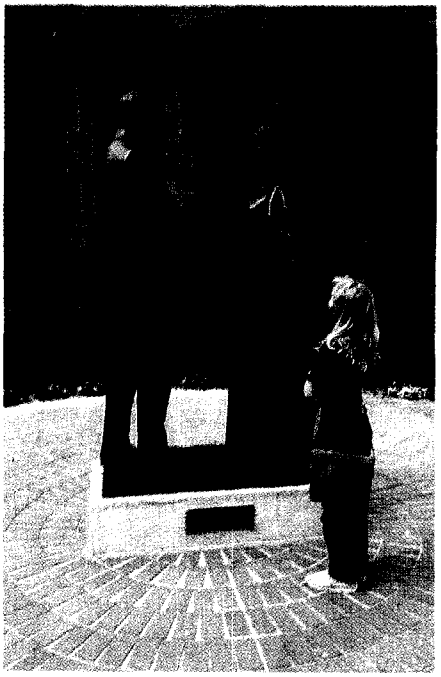

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With Bill and Bob's pull, you can wangle yourself a special guided tour to the majority of restored Nauvoo's sites.

wine and cheese businesses. But in the flats by the river, old Nauvoo turned to rubble.

In 1962 Nauvoo Restoration, Inc., was created to restore the historic landmark. Excavation, remodeling, replication all went on. Artifacts were uncovered, others brought in. Today there is a 9-by-10-block area, a midwestern Williamsburg, with both L.D.S. and R.L.D.S. represented. Visitors can walk, take carriage rides, or join tours. R.L.D.S. tours three sites relating to Joseph Smith: his homestead, his mansion, and his store. L.D.S. operates about 20 sites with resident hosts, including homes and shops. It's fun to consider the mysteries of this era: why was Joseph Smith shot; why did his widow remain behind; why did Brigham Young lead them out in February 1846; why was the temple destroyed?

In one store you learn how flax becomes linen. At another it is rope-making. See how bread is baked in wood-burning ovens; how newspapers were printed; horses, shoed. Hosts are usually amateur historians and collectors who love to share their finds at Nauvoo with visitors.

Two favorite places of mine are Jonathan Browning's home-workshop and the Lyon Drug Store. Browning, a blacksmith and locksmith, is best remembered as a gunsmith. He outfitted Mormon settlers for the trek west—and fathered John Moses Browning, the son who, with his own son, revolutionized weaponry and warfare. It is all here, the guns and the stories, for your pleasure.

The Lyon Drug Store is resplendent with the sights and smells of herbs that Windsor Lyon used as medicines. Details on the therapeutic effects of each are given. Also on hand are other sold items: glass, dyes, crockery. The living area has English plates, paintings, antique furniture, and a wonderfully restored piano.

The private homes bear familiar and unfamiliar names: not only Joseph Smith and Brigham Young, but also William Weeks, Sarah Granger Kimball, and Wilford Woodruff. The Heber C. Kimball home is particularly popular. Scripts complement each other, rather than repeating what you have already heard.

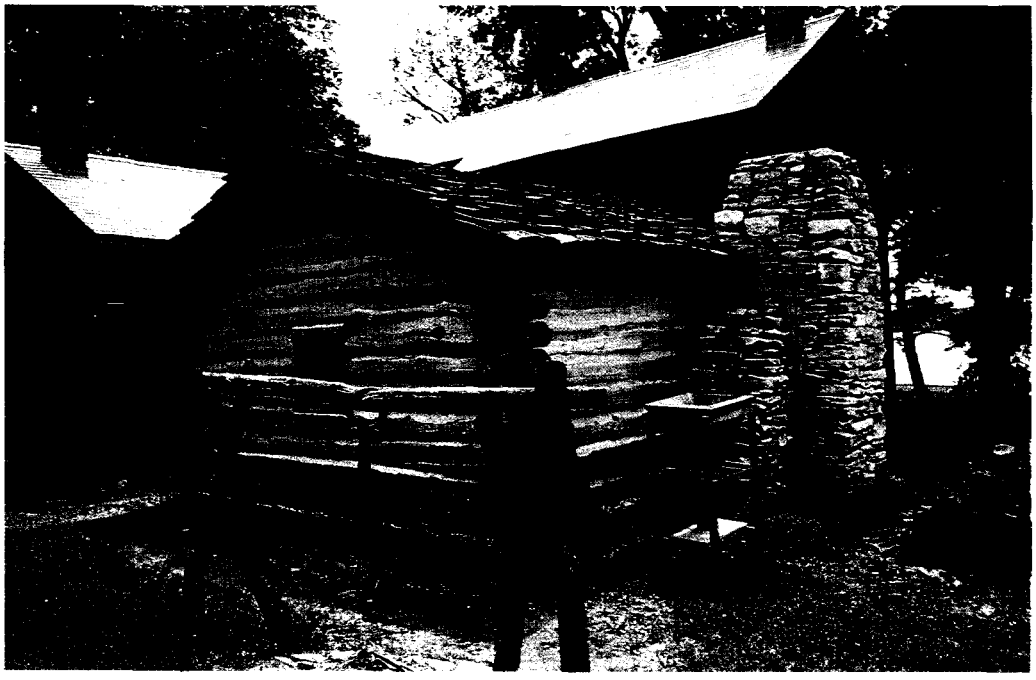
Also of interest are the temple site, the museum at the Seventies Hall, and the Cultural Hall. Here on Fridays and Saturdays (May 15 through August 9), free variety shows are performed, and short skits weekdays throughout the day.

This town of just over 1,000 is home to excellent blue cheese, a millery, and pottery. Wines have been made here until recently. In fact, the annual Grape Festival continues each Labor Day weekend. Drawing 20,000, the event has parades; live music; exhibitors of crafts, arts, and antiques; and a pageant. "Wedding of the Wine and Cheese" depicts a farm boy's discovery of the process of making blue cheese, and how wine-making came to be.

August 9 to 13, L.D.S. sponsors its 13th annual "City of Joseph" outdoor musical, ranked by many as among the best such productions in the United States. Hundreds of performers sing, dance, and put on skits depicting the story of Nauvoo. About 8,000 spectators sit on bleachers, blankets, or lawn chairs each night at dusk. Bring plenty of mosquito repellent.

This summer an added feature in town will be an exhibit celebrating the bicentennial of the Constitution's ratification.

Many visit Nauvoo in the summertime, but spring and autumn are particularly beautiful. Hosts also have more time to answer impromptu questions. But whether learning or just absorbing, you will find Nauvoo to be an eyeopener.



Like another famous migrant to Illinois, the first thing Joseph Smith did on his arrival was to build himself a log cabin. A later "addition" (rear) dwarfs the original structure.

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Golden Isles

continued from page 66

ly, these five islands represent a recreational "afterlife" and an "open book" of American history. There are innumerable holes of golf. Dozens of tennis courts. Eight marinas. Two ocean-fishing piers. Some of the Atlantic coast's greatest seafood restaurants. Try Emmeline and Hessie at Golden Isles Marina. A temperature of 68.4 degrees (annual average). And 450 years of history. The flags of five nations have flown over coastal Georgia.

If you aren't a guest at The Cloister, bypass Sea Island, for the remainder of the island is private and you quite literally can't even park your car. You might, however, go to The Cloister for lunch or dinner and afterward drive down Sea Island Drive for a look at the fabulous oceanfront homes.

In 1736, Georgia's founder, James Oglethorpe, built Fort Frederica on St. Simons Island to protect his fledgling, "English" Georgia from "Spanish" Florida. The Methodists John and Charles Wesley helped develop the original Christ Church there beneath the moss-hung live oaks. Not surprisingly, the best-selling historical novelist Eugenia Price has lived on St. Simons for many years.

Of course, a rich history only bespeaks the enduring popularity of an area, and, in point of fact, Indians wintered on the Golden Isles millennia before the arrival of Europeans—for many of the same reasons we vacation there today. The area is incredibly rich in marine life. There are four seafood-processing plants in Brunswick, the "Seafood Capital of the World."

Today on St. Simons, fishermen have their choice of surf casting, pier fishing, or offshore charters; they can go oystering, go crabbing, or throw the cast net for shrimp. If fishing isn't your thing, the four-star, four-diamond Sea Palms resort has 27 holes of golf—rated among Georgia's "Ten Best"—and a beautiful 12-court racquet club.

The privately owned Little St. Simons Island is accessible only by boat or plane. The island's lodges can house a maximum of 24 guests. There are naturalist-led day-trip tours of the 10,000 pristine acres, as well as many recreational activities. The country's largest herd of browsing fallow deer keeps the underbrush well-manicured.

From 1886 to 1942, Jekyll Island was the winter retreat of the great American "robber barons"—Rockefellers, Morgans, Goodyears, Pulitzers, and Vanderbilts. Some of their "cottages" have more than 20 rooms! It is said that when club members dined together—as they did nightly in the clubhouse dining room—one-sixth of the world's wealth was in one room.

The club closed after the 1942 season because of the scarcity of labor and supplies, diverted to the "war effort." Plans to reopen the club after the war as a "Cloister-style resort hotel" never materialized—in large measure due to the expense of building a causeway to the mainland. After the war, the State of Georgia purchased Jekyll Island for $675,000 and turned it into a state park. Finally, December 31, 1986—a century after the club opened—the members' sumptuous lifestyle was recreated when Radisson opened its $17-million, 136-room restoration of the original Jekyll Island clubhouse. The members' individual residences surround it and are operated by the state as museums and tour sites.

Elsewhere on Jekyll, there are ten miles of beach (and behind the island are the poet Sydney Lanier's famous "Marshes of Glynn"); a "wharf," a boat launch, and a fishing pier; several tennis clubs, including the "Morgan Court"; and 63 holes of golf—including the club members' original, nine-hole, oceanside "links."

At Cumberland Island, you'll see wild ponies roll in the surf and see the "cornerstone" ruins of Dungeness, the great Carnegie mansion that steel built. Further north on the island is Plum Orchard, another Carnegie "cottage." Public access is by ferryboat only (from St. Mary's on the mainland), and only 300 guests are allowed on the island per day. You can day-trip with a picnic or spend the night at wilderness campsites. The Greyfield Inn also has limited accommodations for overnight stays. Be sure to make your reservations far in advance.

THE ISLANDS ARE ON PAGE 21.

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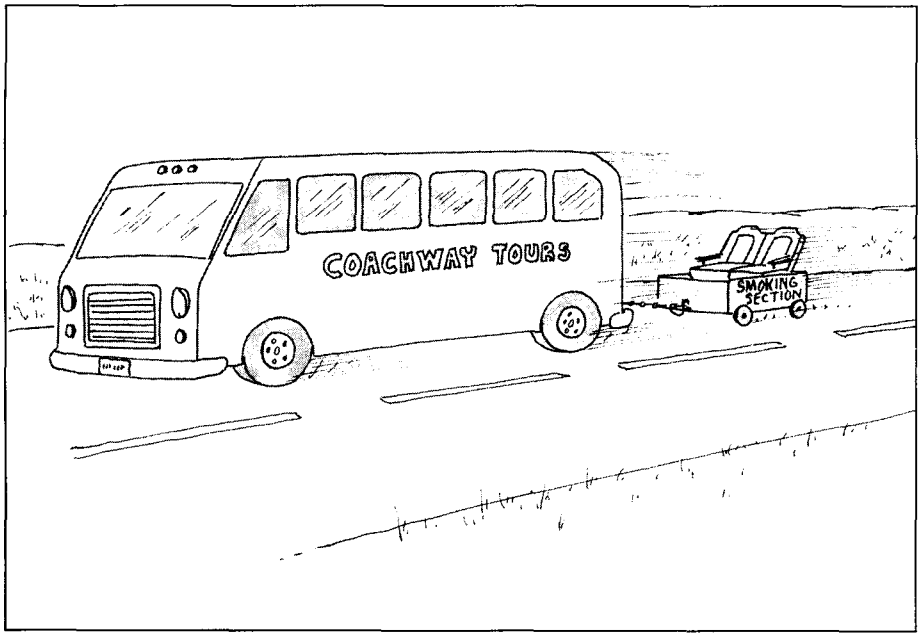

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Florida's Silver Springs. Open all year. Glass-bottom boats glide over artesian spring. Visit the Antique Car Museum and Deer Park. Take a jungle cruise and explore Cypress Point and the Reptile Institute. More details available; circle 37

See Rock City—14-acre natural attraction located high atop Lookout Mountain, near **Chattanooga, Tennessee.** Beautiful gardens among unique rock formations. View of seven states from legendary Lover's Leap. Also Fairyland Caverns and Mother Goose Village. Meet live storybook characters. Open all year. Restaurant. Circle 38

Swamp Fox Motel and Towers, oceanfront, **Myrtle Beach, SC**—offers a wide selection of accommodations, from motel rooms to luxurious penthouses; spectacular golf on 44 championship courses; indoor and outdoor pools and whirlpools; exercise room; restaurant-lounge. Perfect place for a family or golf vacation. For color brochure, circle 39

Fripp Island. A private resort community just north of Hilton Head featuring our Olympic-size pool, three miles of beach, golf, tennis, and boating in an uncrowded family atmosphere. Accommodations range from our Sun Suite Studios to villas and homes. For more information circle 40

Saint Simon's Destinations represents the island's finest oceanfront condominium resort. Luxurious one-, two-, or three-bedroom condominiums. Circle 41

Palmetto Dunes Resort—Hilton Head, South Carolina, the island's finest resort. Three miles of beach, three golf courses, 20 pools, tennis, and 500 furnished one- to four-bedroom villas. Meeting facilities available. Mobil four-star and AAA four-diamond resort. Circle 42

Charleston Mills House Hotel—Offering the antebellum grandeur and impeccable service of the Old South and featuring the award-winning Barbados Room restaurant. 214 rooms and suites. Located in the heart of the historic district. Circle 43

Hilton Head Island oceanfront. An island vacation should be oceanfront. **The Island Club** is a small resort nestled onto 25 acres of prime oceanfront. Condos fully furnished. FREE amenities, including tennis and racquetball. Best value! Circle 44

Kiawah Island Resort vacation guide: near historic Charleston, South Carolina. Private villas, homes, and cottages; miles of beach; championship golf and tennis; 21-acre park-and-pool complex; shopping; and dining. Send for free guide. Circle 45

Daytona Beach, just for the fun of it! Glistening beaches, great entertainment. Close to Walt Disney World, Epcot Center, and more. For more information, circle 46

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Gulf Shores, Alabama—The Phoenix offers unlimited tennis and indoor racquetball; golf is available nearby. Located on the beach, all condos overlook the beautiful Gulf of Mexico. Group rates and meeting facilities available. Come vacation with us at the Phoenix! Color brochures available. Circle 54

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South Carolina's Old Ninety-six offers five history-rich, recreation-drenched counties in the upcountry. See the Revolutionary War vintage Star Fort, or visit hundreds of restored homes, inns, theaters, gardens, churches, and battle sites. Join the fun April to August 1988, while nine festivals are in gear. Fish, sail, windsurf, swim, or play golf year-round. Free vacation guide; circle 59

Planters Inns—Charleston, SC, and Savannah, GA. Mobil four-star and AAA four-diamond. Located in the center of the historic district in both these lovely seaport cities. Featuring: horse-drawn carriages, antique shops, museums, historic homes, forts, and award-winning restaurants. Circle 60

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Sands Oceanfront Resorts—Atlantic Beach, NC. Furnished one-, two-, three-bedroom villas, indoor-outdoor pools, whirlpool, and tennis. Also, nearby golf and excellent fishing along the miles of beach on the Crystal Coast. Circle 66

Hotel Inter-Continental Hilton Head—continental elegance and Southern charm are blended in Hilton Head's most luxurious oceanfront hotel. Golf, tennis, and abundantly sophisticated amenities. Circle 67

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Williamsburg, Virginia—vacation this year in the capital city of Colonial Virginia, where the past lives every day. See your travel agent or send for free information on our 11 hotels with 1,400 comfortable rooms, reasonable rates, and traditional hospitality. Circle ...**68**

Gulf State Park Resort Hotel—All beachfront rooms located alongside two miles of sugar-white, sandy beaches at Alabama's beautiful Gulf of Mexico. Enjoy the seaside restaurant, plus golf, tennis, volleyball, shuffleboard, and much more. Meeting facilities for up to 1,000 available. Circle.....**69**

Seabrook Island, Charleston, SC—Discover the perfect oceanfront family resort right outside historic Charleston, SC. Relax on private beaches or in your spacious villa; play golf on two 18-hole championship courses. Plus tennis, horseback riding, fishing, boating, recreation pavilion, restaurants, shopping—all in a beautiful natural setting. Circle **70**

Gulf Shores, Alabama—Come enjoy the beautiful gulf. Let us reserve your golf game at the Arnold Palmer designed Cotton Creek course. 200 luxury gulf-front rental units. Daily and weekly rentals available. For more information, circle **71**

Hilton Head Island, SC—imagine miles of beach, championship golf courses, tennis, and endless bike trails. **Coastal Home & Villa Rentals** has quality accommodations at affordable prices. Large selection, many include free tennis, pools, and ocean views. Free brochure, circle **72**

The Ramada Ocean Forest Resort at **Myrtle Beach** features 200 luxury oceanfront suites with fully equipped kitchens, indoor-outdoor pools, health club, Jacuzzi baths, steam and sauna, oceanfront restaurant and lounge. Suites from $59/night. Circle **73**

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Charleston, SC—this beautiful and historic seaport city is a year-round resort. Horse-drawn carriages, museums, forts, antique shops, historic homes, plantations, luxury beach resorts, hotels or charming inns, and outstanding restaurants. For free brochure, circle **76**

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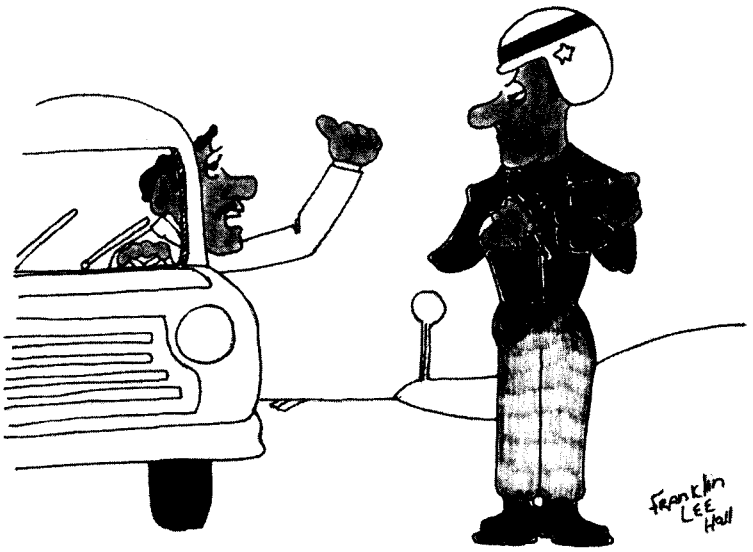

"I wasn't speeding, officer; I was just trying to stay ahead of the car behind me."

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Animals galore! Everything from apes to zebras, over 1,500 exotic animals at the **Denver Zoo,** city park. Open 10 a.m. every day of the year. Free parking. For more information, circle **9**

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May/June 1988

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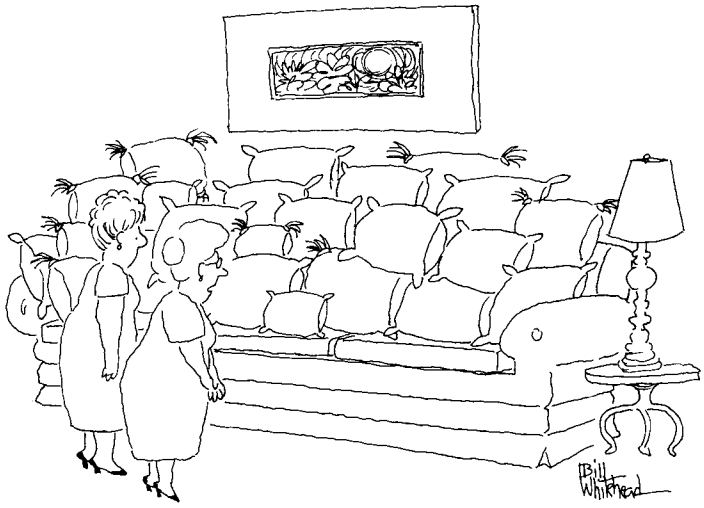
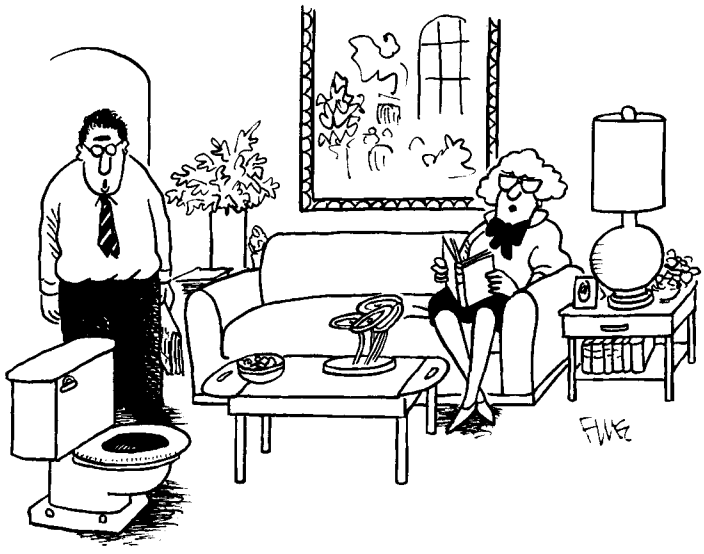
PARLOR GAMES

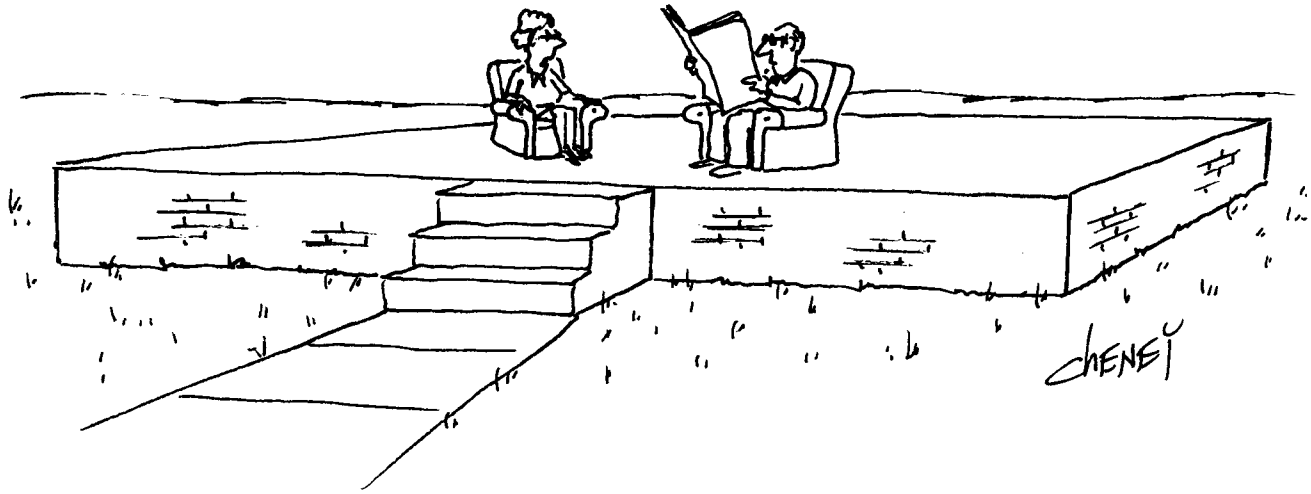
"Don't pay any attention, Monica—he's just upset because you're sitting in his chair."



"Why don't we just sit in the kitchen?"



"You rearranged the furniture again?"



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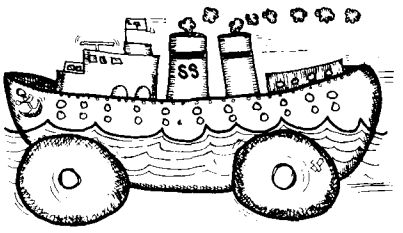

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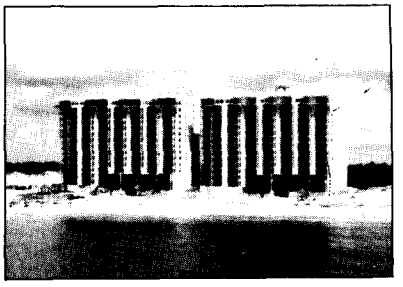

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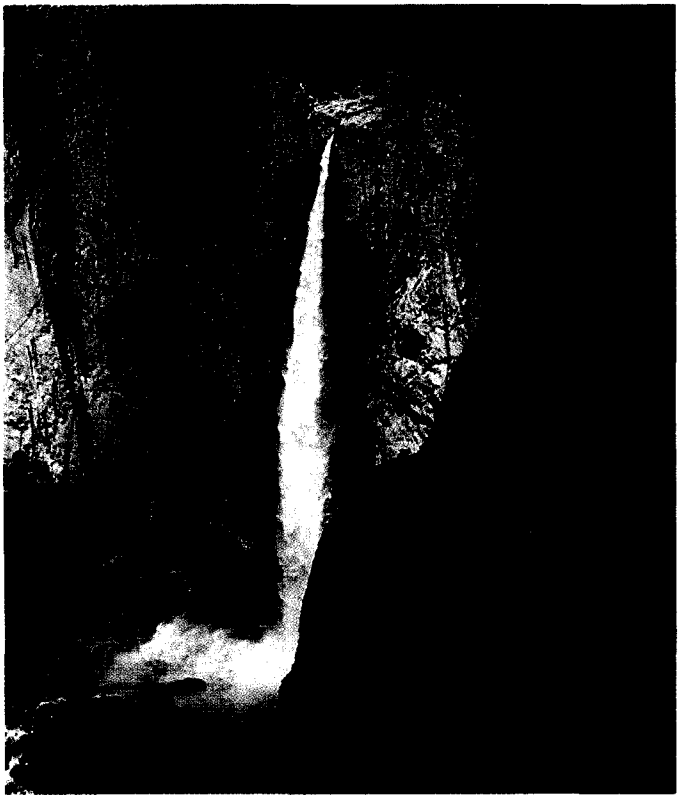
WHERE IN THE WORLD?

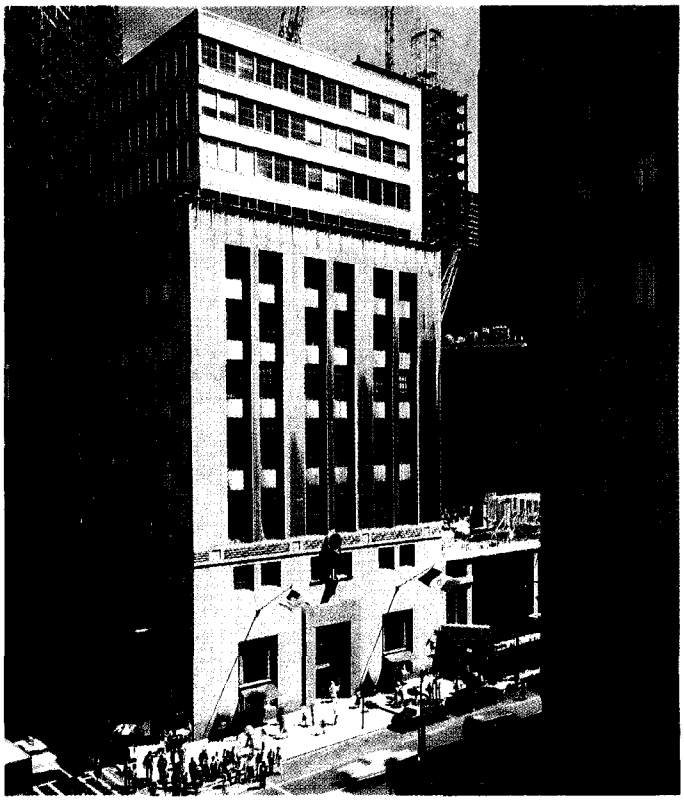
Wherein the Post *presents several items of topographical or architectural significance from around the world.*



Baja Adventures

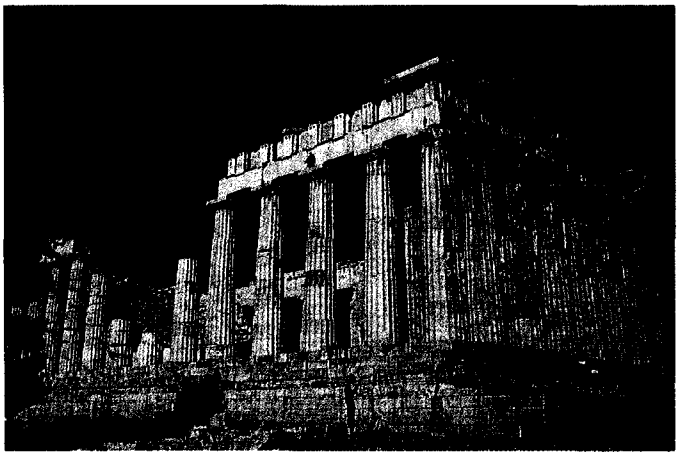
A ☐ *Venezuela* ☐ *Colombia* ☐ *Mexico*

These falling waters have risen in popularity now that they're just 45 minutes from a paved road. Nearly 1,000 feet high, they're one of the highest single drops in the world—when the water's flowing. It doesn't in late winter.



B ☐ *London* ☐ *New York City* ☐ *Tokyo*

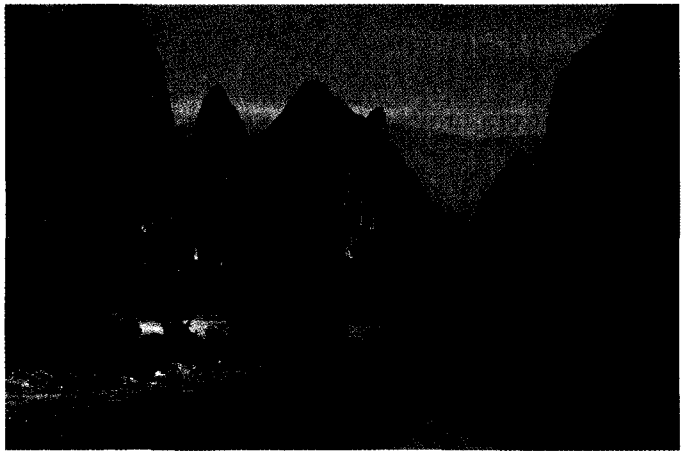
It's not a good location for Bob Evans or Waffle House, but breakfast here is reportedly an ambition of some people. Could be a little chilly, though, having everything served on ice. Take a girl here and you'll meet her best friend.



Hemphill Harris

C ☐ *Athens* ☐ *Rome* ☐ *Messina*

The last word in classical architecture probably hasn't heard the last word on its intended uses. So far, it's seen duty as a temple, a church, a mosque, and a museum—not to mention a sideline as a powder magazine, which cost the structure its head during a squabble between the Turks and the Venetians, in 1687.



Pacific Delight Tours

D ☐ *China* ☐ *Korea* ☐ *Taiwan*

Nature and artifice combine in this famous setting, celebrated by poets and travelers, including Marco Polo. West Lake is actually a river inlet enlarged by several dikes.

(Answers on page 111)

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Such is the nature of Ray Day's two newest releases. **LOVE ME – LOVE ME NOT** and **PERENNIAL FAVORITES** are offered as a matched-number set. Much like the century old bridges depicted, high quality materials and pride of workmanship were hallmarks when producing these heirloom quality collectibles.

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MONEY BACK GUARANTEE
Anticipated release June/July 1988.

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MICHIGAN'S LITTLE BAVARIA

More than 100 picturesque attractions have made Frankenmuth Michigan's No. 1 tourist attraction.

by Maynard Good Stoddard

There's no way to convey the festival fun, the dining, and the two miles of main-street shopping that now attract more than 3 million visitors each year to Frankenmuth, Michigan, a town of only 6,000 residents. No way to explain why Frankenmuth has become Michigan's No. 1 tourist attraction, ahead of Greenfield Village or Mackinac Island.

Where to begin your visit to this "little Bavaria," located on M-83, a few minutes off I-75 between Flint and Saginaw? If you follow the flow, you will be swept into one of the two main restaurants, Zehnder's or the Bavarian Inn, each facing the other across the bustling main drag. The two restaurants' combined figure is 1.7 million meals served in a single year.

The Bavarian Inn Glockenspiel Tower draws a crowd several times a day when its 35-bell carillon announces another figurine movement of the Pied Piper of Hameln.

Karen Maurer, the tourism coordinator for the Frankenmuth Chamber of Commerce, tells us that the typical visitor spends from four to six hours in their multifaceted city. If eating consumes half that time, what do you do with the other two or three hours? You'll begin at Bronner's Christmas Wonderland. In this glittering maze of 50,000 trims and gifts, the 100 decorated Christmas trees, the 600 animated figures, the steins, the music boxes, the indoor and outdoor decorations, you may lose all thought of time. But there are still 100 picturesque shops and stops competing for your attention—and your credit card.

You'll want to at least take a minute to marvel at Tiffany Biergarten's rare Tiffany lamps. And more than a minute at the Woolen Mill, "comforting folks since 1894" with its wool-filled comforters, its fabrics, and its roving for spinning; Rau's crystal-cutting and -engraving shop, where craftsmen hand-cut and hand-engrave fine lead crystal glassware as it was done in Germany and Bohemia some 150 years ago; and the Schnitzelbank Woodcarving Shop, carrying Michigan's largest selection of music boxes and offering free woodcarving demonstrations.

But be warned: to enter the Frankenmuth Gallery, one of the largest in America, containing thousands of paintings and frames, steins, and Emmet Kelly collectibles, is to run the risk of never coming out. At least not with time enough left to trip-trap across Zehnder's Holzbrücke (or covered bridge, if you prefer). Half the fun of crossing this Cass River span is first stopping at the Covered Bridge Gift Shop and viewing the 13-minute video presentation of its construction. This 230-ton wooden structure was built on dry land and then pulled into place across the river in 12 days by two alternating pairs of oxen and a complex set of machinery.

Not only did the bridge fulfill the longtime dream of Edwin and William Zehnder, but it also opened an area for much-needed parking facilities and the 100-guest-room Bavarian Inn Motor Lodge. Why a motor lodge in Frankenmuth—along with numerous motels, guest "hauses," B&B lodgings, and even an RV park and campgrounds—if the typical visitor's visit is but four to six hours?

Credit much of the need for this transient housing to the city's three big yearly festivals. The Bavarian Festival, originated to celebrate the opening of the Bavarian Inn, will observe its 30th anniversary the week of June 18-25. Once again the 52-acre Heritage Park will come alive with upward of 250,000 visitors. In the big tent, the recording star Glen Campbell will be in concert. The Munich HofbrauHaus show will feature authentic folk dancing, music, and "kuhglocken" (cowbell ringing) direct from West Germany.

If, however, you can't make this popular Bavarian bash, Frankenmuth fathers have thoughtfully provided two makeup festivals. The ten-day Frankenmuth Summer Music-Fest—August 12 through 21—offers an opportunity for you to dance off the pounds the hearty German fare has put on you. And should you miss this one, you have one more chance: the Twelve Days of Christmas, when Frankenmuth remembers the heritage of European Christmas traditions that should not be forgotten.

Festival time or not, wherever you might be in this settlement on the Cass, perhaps in the Zeesenagel Italian Alpine Village or ordering some of Willie's smoked bratwurst, at the sound of the 5-bell Westminster chimes you'll be joining the crowd headed for the Bavarian Inn Glockenspiel Tower. Here, several times a day, the 35-bell carillon, said to echo for miles outside the town, announces another figurine movement depicting the legend of the Pied Piper of Hameln.

After charging a purchase at the Leather Shop, we hurried across the adjoining parking lot to compete for foot space at the base of the tower. The 4½-foot figures were just then beginning to move. The movement, however, had proceeded no farther than where the Pied Piper is leading the rats out of Hameln when a woman rushed up and panted, "Are you Maynard?" We pled guilty.

"Oh, thank God!" she gasped. "I've got six other people out looking for you—here's your credit card."

Besides everything else Frankenmuth has going for it, it also has the nicest people.

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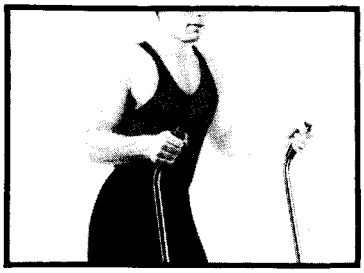

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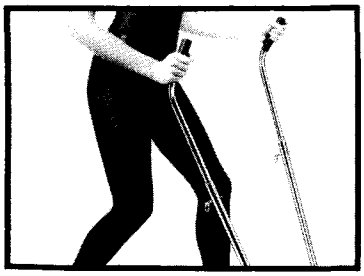

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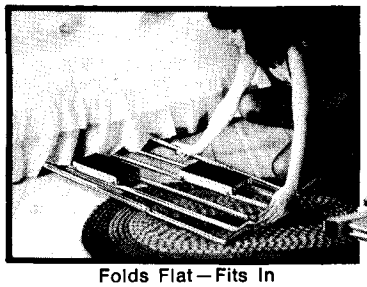

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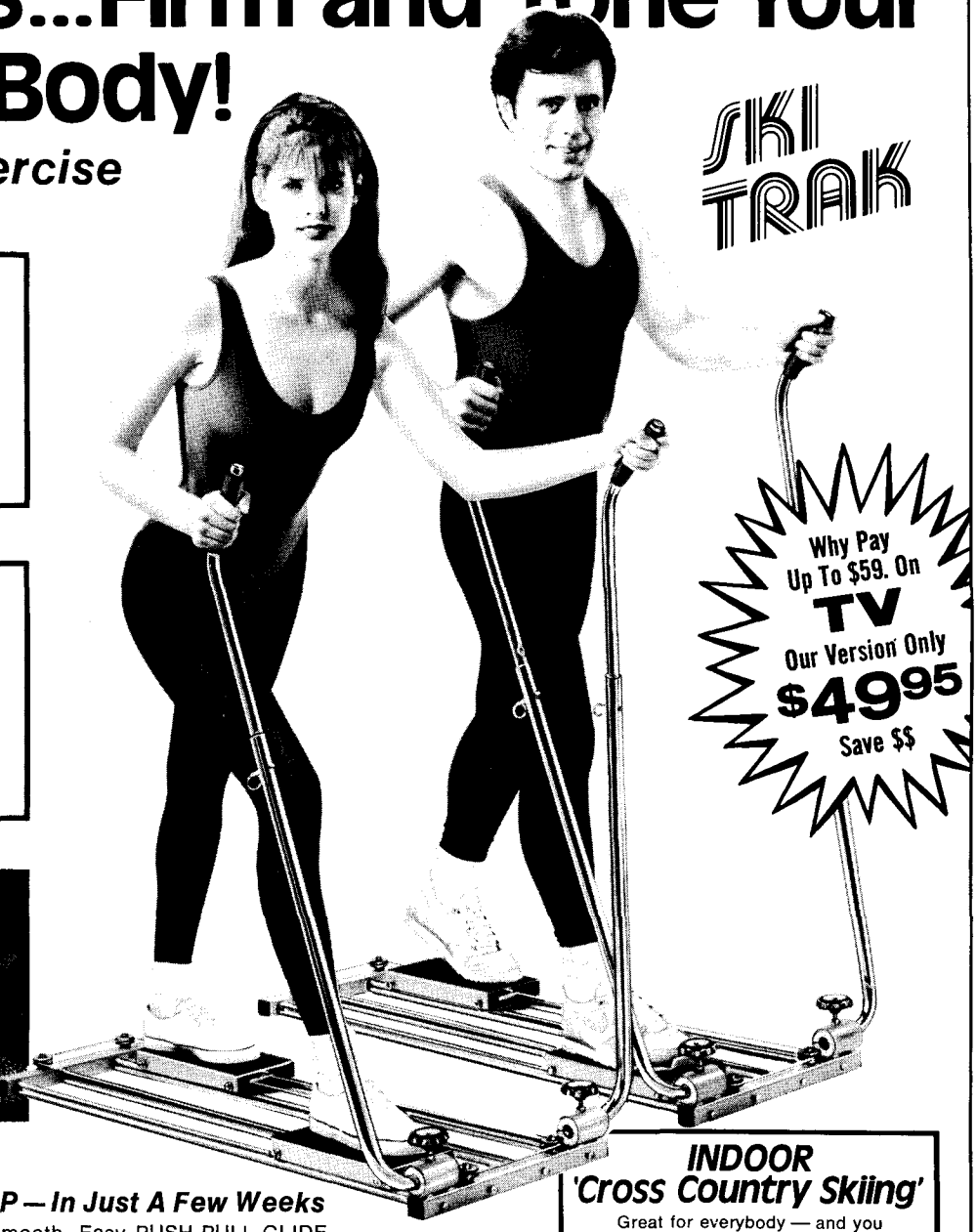

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FOOD

SENSATIONAL SPRING SALADS

These super "shaper-upers" are high in protein and low in salt and saturated fat.

by Patrick Perry

Turn the simple side salad into a mouthwatering meal by serving Chicken Salad with Sesame Seed Dressing, Marinated Fish Salad, or Herbed Tomato Corkscrew Pasta.

Ancient Greek and Roman diners dished up the first salads by combining raw vegetables and herbs, dressed with salt. (For trivia buffs: the Latin word *sal*, meaning salt, gives salad its name.) In America, colonists picked lettuce and other greens from their gardens and then gathered wild onions and dandelions to use in salads. Thomas Jefferson merits honorable mention here; the president-farmer cultivated more than 20 varieties of lettuce. And where would salad be without the contributions of another lesser-known American, Mr. John Bibb? He, as you can probably deduce, discovered a perennially popular leafy herb—Bibb lettuce.

Humble origins aside, the salad is a staple of today's American diet. And modern consumers insist on low-salt, low-fat fare. Grocery stores, fast-food restaurants, and street corners offer salad bars in which variety is the password to success.

A glance at most salad bars' offerings reveals a few star ingredients: lettuce and tomatoes, for example, and of course, the onion. One particular onion is gaining a reputation as the connoisseurs' choice: the sweet Vidalia. The famed native of Vidalia, Georgia, is planted by hand in the field in November and ready to harvest around the first of May. Referred to as the "caviar of onions" by the *Wall Street Journal*, the Vidalia is sweeter than most, without the tears, the bite, or the bad breath of its more familiar cousin. Available through early July, the Vidalia fetches a much higher price than other onions, but the sweet sensation justifies it all.

Bland Farms, near Reidsville, Georgia, is one of the biggest family onion operations in the region. The Bland family have collected favorite Vidalia-onion recipes from Vidalia-onion lovers all over the country and published them in a cookbook—*Recipe Sharing Vidalia Onions*. Some of the prize-winning recipes from this cookbook are presented below.

Because main-dish salad ideas are always in order to beat the summer heat, we've included some timely suggestions for light, crisp, fresh entrées. Shredded Chicken Salad with Sesame Seed Dressing combines orange juice, vinegar, soy sauce, and a blend of spice with steamed chicken cutlets served on crispy cucumbers and carrots.

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*The reduction of salt is part of a sensible diet.

For pasta lovers, Herbed Tomato Corkscrew Pasta will satisfy that pasta-particular craving.

Perhaps Marinated Fish Salad will strike a positive chord. If so, select fresh cod, halibut, red snapper, bay scallops, or a combination if you please. Marinate the fish in fresh lime juice for several hours and then combine it with scallions, coriander, yellow pepper, and plum tomatoes for a super supper salad.

Shredded Chicken Salad with Sesame Seed Dressing
(Makes 4 servings)

4 chicken cutlets
1½ teaspoons Mrs. Dash Salt-Free Original Blend Seasoning
½ cup orange juice
2 tablespoons safflower oil
2 tablespoons red-wine vinegar
2 teaspoons toasted sesame seeds
1 teaspoon Mrs. Dash Salt-Free Extra Spicy Seasoning
1 teaspoon reduced-salt soy sauce
1 large cucumber, peeled and shredded
4 medium carrots, peeled and shredded

Bring ½" water to boil in large skillet fitted with round wire rack. Sprinkle chicken with Mrs. Dash Original Blend. Place chicken on rack, cover pan, and steam chicken about 8 minutes, until springy to touch. Remove and let stand until cool enough to handle; tear into long shreds.

In small bowl combine orange juice, oil, vinegar, sesame seeds, Mrs. Dash Extra Spicy, and soy sauce. Pour ½ cup dressing over chicken and toss to coat thoroughly.

To serve, divide cucumber and carrot among 4 plates. Top with chicken. Serve with additional dressing.

Marinated Fish Salad
(Makes 4 servings)

1 pound fresh cod, halibut, red snapper, bay scallops, or a combination, cut into ½" chunks
⅓ cup fresh lime juice
1 cup seeded and diced plum tomatoes
1 cup diced yellow pepper
2 scallions, thinly sliced
3 tablespoons olive oil
2 tablespoons chopped fresh coriander
2 teaspoons Mrs. Dash Salt-Free Lemon & Herb Seasoning
Endive spears

Lightly rinse fish under cold water and pat dry with paper towels. Place in nonaluminum bowl and toss with lime juice. Cover and refrigerate 4 hours, tossing occasionally, until fish is opaque.

Drain off all juices and discard. Add tomato, pepper, scallion, oil, coriander, and lemon-and-herb seasoning blend to bowl. Toss until well combined. Arrange endive spears on individual plates and top with some fish salad.

Herbed Tomato Corkscrew Pasta
(Makes 4 servings)

2 red peppers
1 can (16 oz.) no-salt-added whole tomatoes
⅓ cup fresh parsley sprigs
2 tablespoons red-wine vinegar
1 tablespoon olive oil
2 teaspoons Mrs. Dash Salt-Free Extra Spicy Seasoning

continued on page 98

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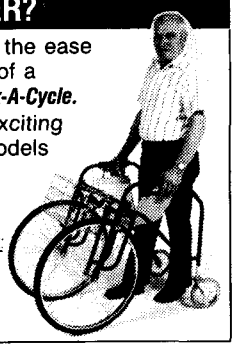

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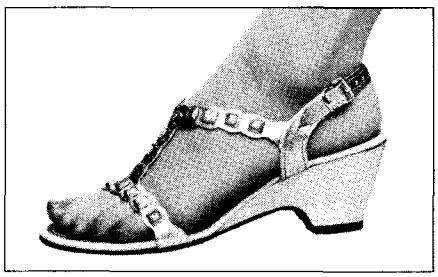

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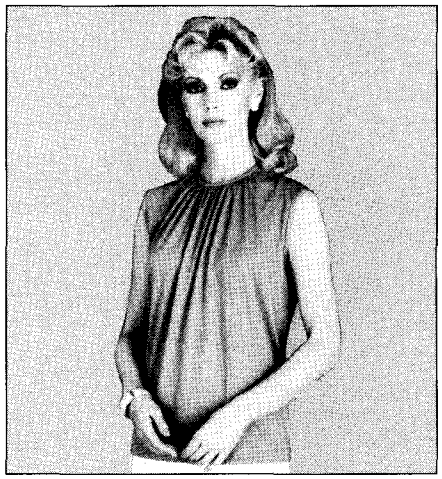

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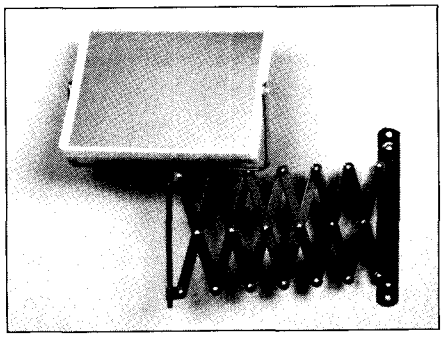

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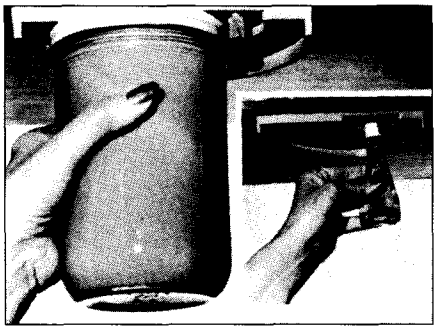

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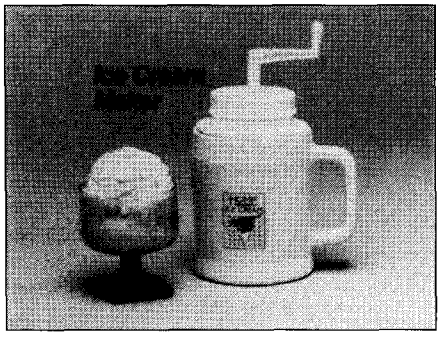
Ice-cream maker



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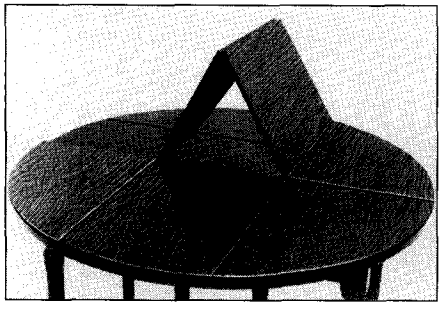

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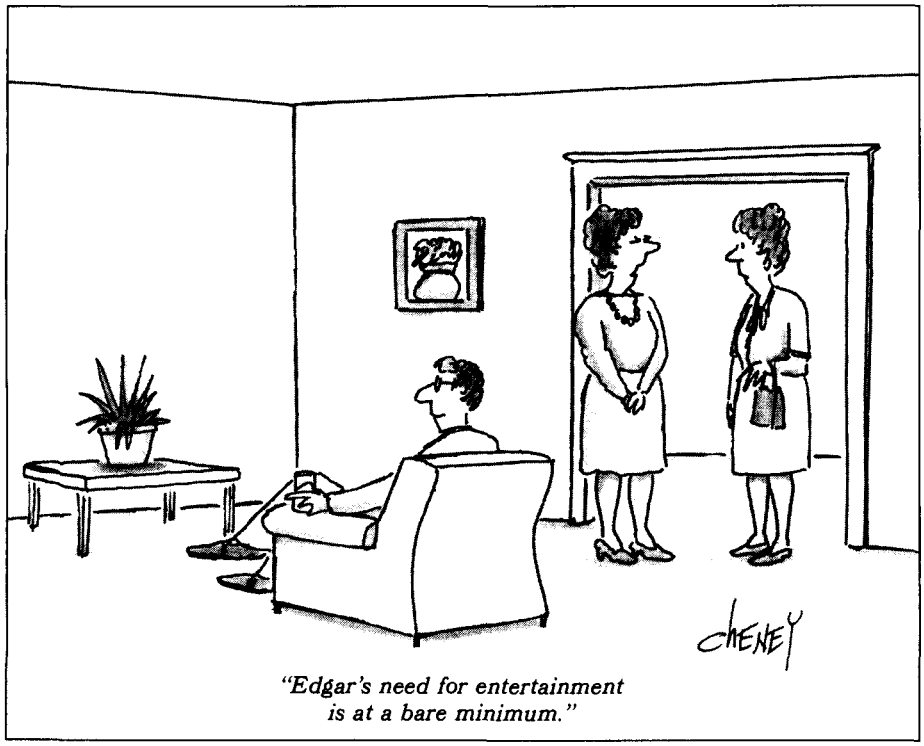

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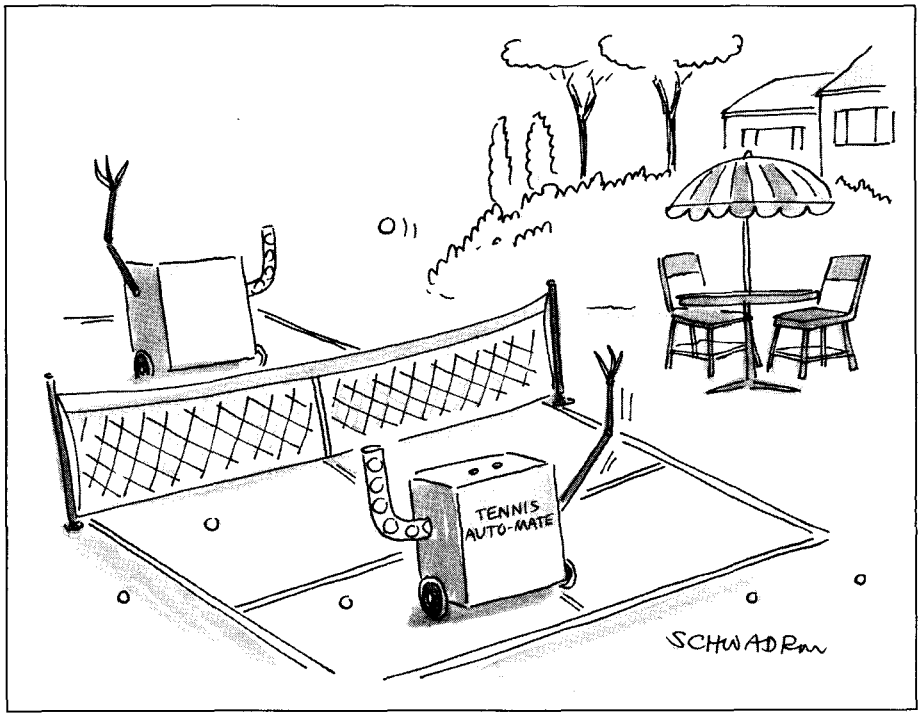

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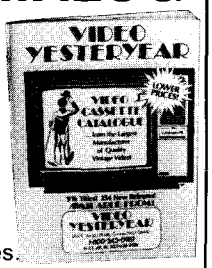

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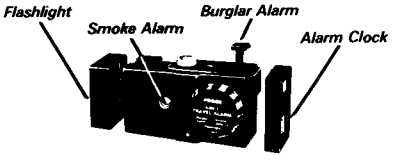

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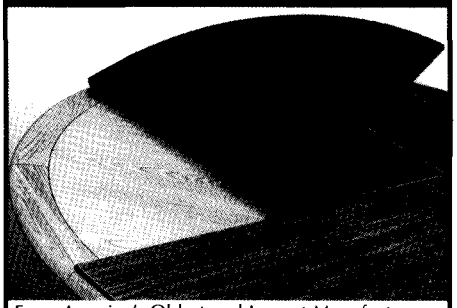

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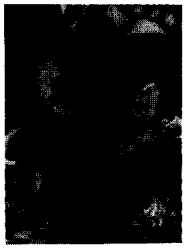

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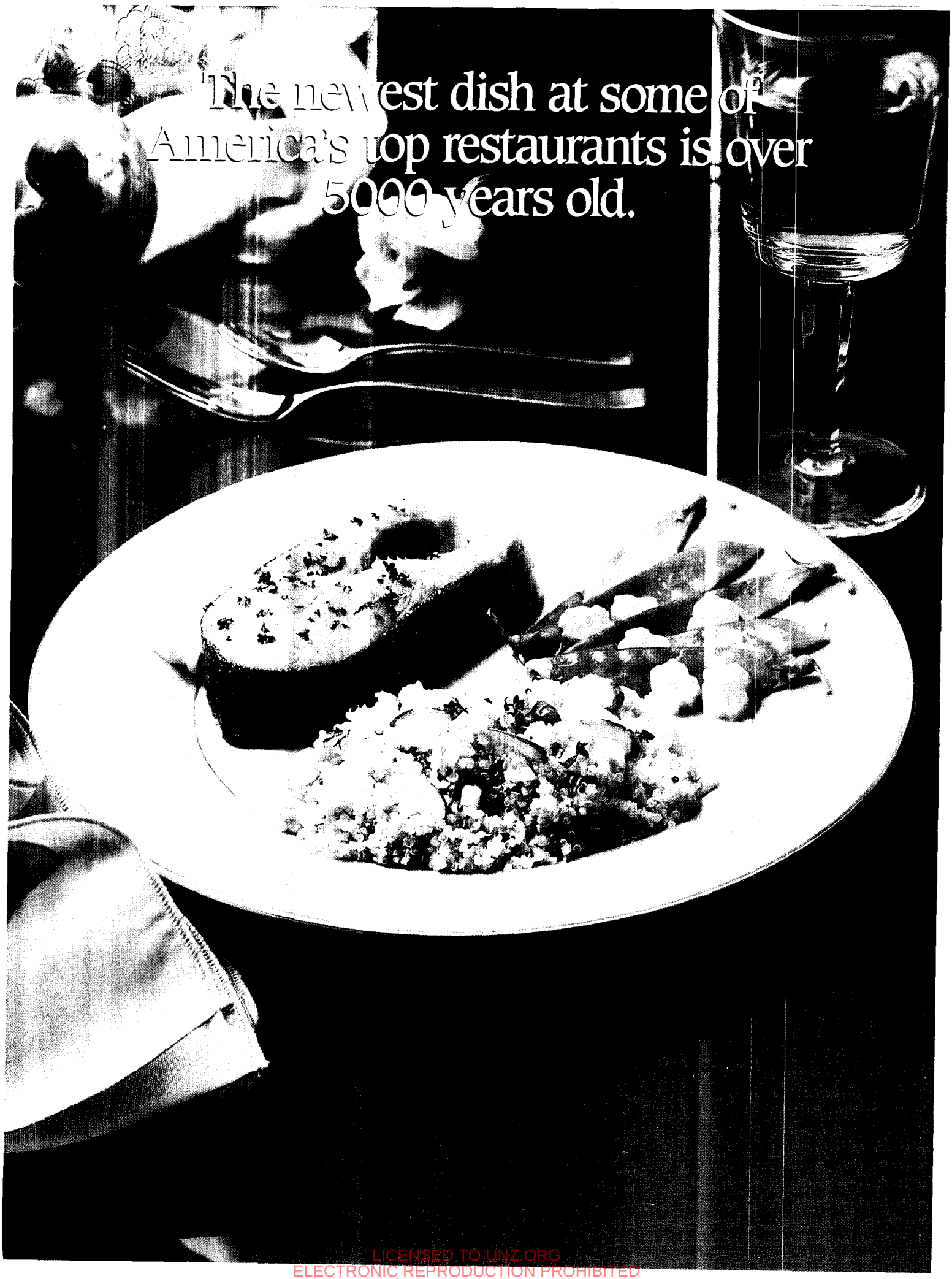

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Now you can enjoy Quinoa at home FREE with your contribution to health.

What's new in nutrition? Actually, it's at least 5,000 years old. Inca Indians called it "quinoa." We pronounce it *keen*-wa.

What is it? First, what it isn't. Although small quinoa seeds may look like grain, be regarded popularly as grain, and be commonly referred to as Inca wheat, quinoa is not botanically a grain. Rather, it belongs to the *Chenopodium* family, which includes beets, spinach, lamb's quarters, chard, and the sugar beet. Grain or not, quinoa, along with the white potato and maize, successfully filled the Indians' needs for complete protein foods in the diet—a fact confirmed by analysis in more recent times.

Quinoa has been established as the plant food coming closest to the criteria set by the Food and Agriculture Organization of the United Nations for achieving an essential amino acid balance. Its protein content is higher than barley or rice and twice as high as corn. Only a few types of wheat can touch quinoa in this regard.

How do you use quinoa? In a variety of ways. It cooks easily, similar to rice, and can be served in a similar manner. It can be substituted for other cooked grains. You will also be adding it to soups, stews, casseroles, and cookies.

To make flour, put quinoa seeds in a nut grinder, and grind them until fine. They can then be made into a coarse bread called "kispina." High-protein cakes and biscuits are produced by mixing quinoa flour (60 percent) with wheat flour. The nutritive value of noodles is considerably increased by using up to 40 percent quinoa flour.

Whatever use it is put to, quinoa is delicious, and most people who try it for the first time like it immediately. So . . . if your taste buds have by now been thoroughly aroused, how can you acquire a bag of this proven nutritional seed?

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We are speaking here of our nonprofit Society's traveling units: the MAMMOBILE, for discovering breast tumors no larger than a pinhead; the AIDS MOBILE, in its drive to counsel and test individuals for this fatal disease; and our latest adventure in prevention, the HEART MOBILE, checking for the threatening high cholesterol that can lead to heart attacks.

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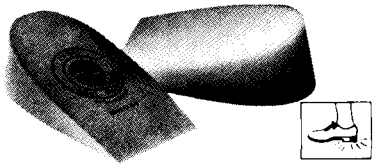

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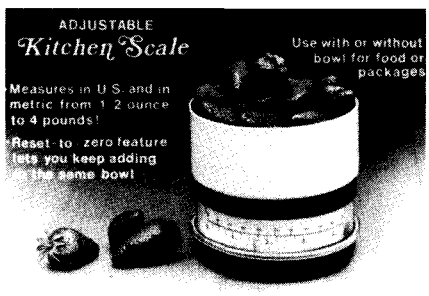
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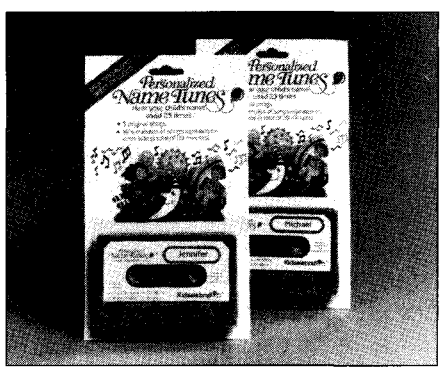

Let your child hear his or her own name in song?—23 times!!! Cassette tapes sing to children by name! Five tunes for children through 8 years old. Send kids' names and $7.95 plus $1.00 postage (per tape) to: Great Gifts, Dept. S, Box 2127, 605 East 14th St., New York, NY 10009. Satisfaction Guaranteed.

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Speaking Out

continued from page 22

Fact: To date only 75,000 HIV-infected persons have been diagnosed as HIV-infected through the alternative-test-site programs. This represents only about 5 percent of all HIV-infected persons in the United States. Restated, 95 percent of HIV-infected Americans remain totally unaware of the fact that they can transmit a fatal communicable disease to their sexual partners. As a direct consequence of a national failure to encourage wide-scale routine testing, the epidemic is *already* underground.

• • •

I reject the passive and fatalistic attitude, championed by some, that effective routine HIV testing is beyond the capability of the U.S. public-health machinery. The means are in hand today to establish an accurate diagnosis in each and every case of HIV. We as a society must abandon the "strategy of ignorance." We can no longer systematically deny the rights and benefits of painful but critically important knowledge to the 1.5 million members of our society who carry a fatal infectious disease. We must set, as a clear goal, wide and free availability of high-quality HIV testing.

How do we achieve this goal of accessible, high-quality HIV tests? I suggest that the commission should make the following four fundamental recommendations to the President:

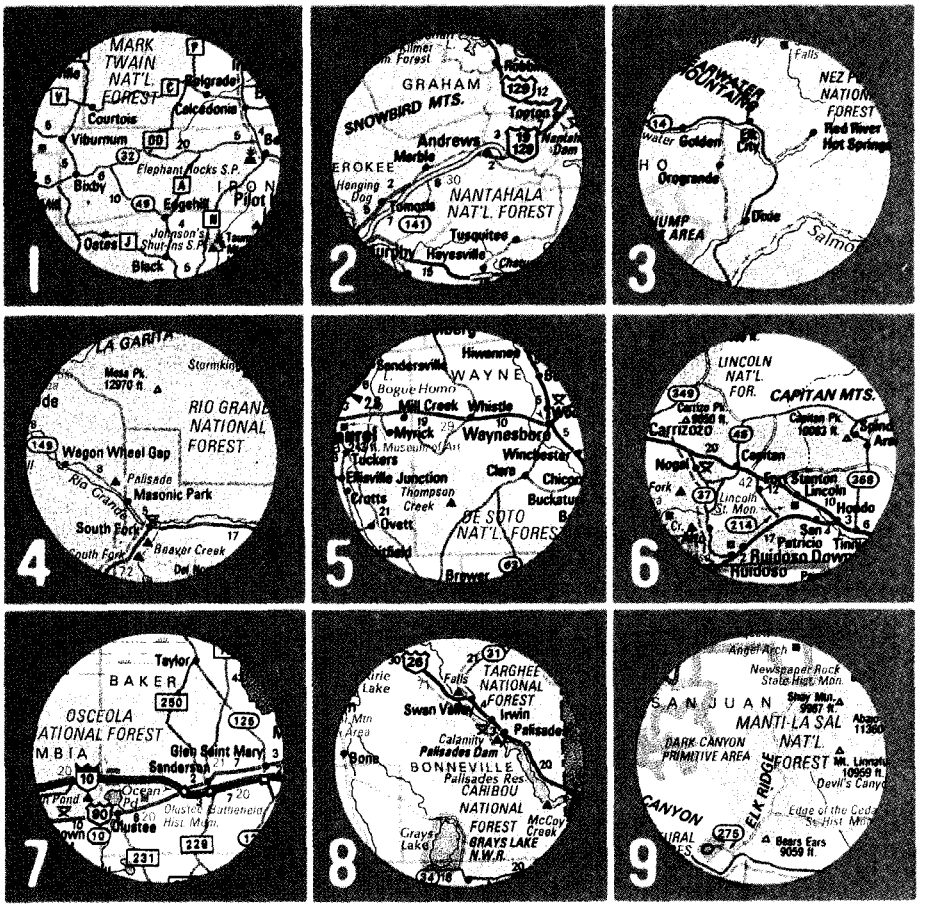
Recommendation I: Rigorous quality control of HIV testing must be implemented immediately throughout the United States. This should include (a) establishment of guidelines for licensure or certification of all laboratories that perform HIV confirmatory tests and (b) creation of a national HIV proficiency test program in which substantial numbers of difficult test serum samples are sent on a regular basis to testing laboratories. Satisfactory performance in this program should be a requirement for continued certification.

Recommendation II: New, "second generation" diagnostic tests for HIV should be put on the fast track for licensure. Regulatory control of confirmatory tests for HIV should be removed from the Division of Blood and Blood Products of the FDA and placed instead in the Division of Medical Devices. This step would speed the availability of highly accurate yet low-cost HIV diagnostic tests, particularly those which are based on molecularly cloned and expressed HIV antigens.

Recommendation III: Clear and compelling legislation should be enacted at a national level to ensure the continued rights of HIV-infected persons to housing and employment. National leaders of high public visibility, such as the President and the Surgeon General, should forcefully denounce acts of irrational discrimination—such as the recent burning of the house of the three hemophiliac boys in Florida—and should frequently praise, in public, acts of compassion and understanding. Strong and sustained leadership is necessary to destigmatize HIV.

Recommendation IV: Public-health policies at the local, state, and national levels should include routine HIV testing as an important strategy for infection control. Infected persons detected in routine screening programs should be the focus of intensive yet compassionate counseling to ensure that they fully understand the fatal and communicable nature of the virus infection they carry.

If these four recommendations are implemented, I believe that the goal of epidemic control through wide-scale HIV testing and counseling of seropositives can be achieved.



Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 111)

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MEDICAL MAILBOX

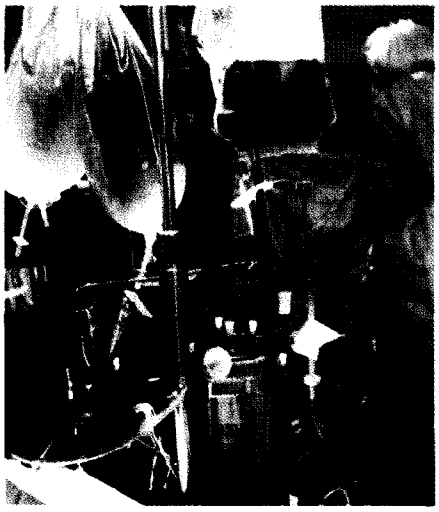
by Cory SerVaas M.D.

Exercise and temperance can preserve something of our early strength even in old age.—*Cicero*

Get Your Own Blood Back

We alert *Post* readers to the availability of equipment for transfusion of their own blood lost during surgery. The bothersome blood is suctioned away from the surgeon's scalpel and given back by infusion within five minutes after automatic filtering and cleaning. There is no risk involved.

This equipment is underutilized. It can be substituted for more than 50 percent of *homologous* blood transfusions now being given. (*Homologous* is the term used for someone else's blood.) There are good reasons for avoiding someone else's blood, especially if you don't know whose blood you're being given.



The blood in the bag can be your own. A no-risk transfusion. Blood lost during surgery can be filtered, cleaned, and returned during the operation.

The only positive result of the AIDS epidemic might be the increased awareness of dangerous transmissible agents in blood transfusions and blood products. These include HIV (which causes AIDS); hepatitis, the more prevalent transfusion-associated illness; HTLV-1; CMV (cytomegalovirus); syphilis; EBV (Epstein-Barr virus); HTLV-IV; and HTLV-V.

Even though blood-screening tests have reduced the risk of contracting HIV, hepatitis B, or syphilis, no screening test is yet available at the blood banks to eliminate non-A non-B hepatitis or HTLV-1, the virus that causes T-cell leukemia or lymphoma many years later. There is a screening test for HTLV-1, but the test hasn't yet been approved by the FDA.

Autologous Intraoperative Transfusion—we'll call it AIT—is cost-effective and is paid for by insurance carriers. The average cost of a unit of blood is $135. However, the AIT machine can process blood for about $1 a unit. A patient with a ruptured aneurysm may lose 15 pints of blood or more. AIT is particularly valuable for surgeries involving high blood loss, such as open-heart and orthopedic operations. There can also be large blood loss in the case of an ectopic pregnancy or a ruptured liver or spleen. AIT isn't used for open-bowel surgeries, and to date it hasn't been used for cancer surgeries, but all other surgeries can utilize this technique.

Dr. Charles Huggins, Director of Transfusion Services at Massachusetts General Hospital, has reported that such intraoperative autologous transfusions, were they to be more widely utilized, could make "the majority" of donor transfusions unnecessary.

The blood lost during surgery is suctioned directly from the patient into a Cell Saver® System, where an anticoagulant is added to prevent clotting. Then the blood goes to a reservoir, where debris is filtered out. Next, a centrifuge captures the red blood cells while the rest flows to the waste bag. Then sterile salt water washes the cells, and they are reinfused into the patient's bloodstream.

AIT has been used successfully for more than 12 years. New automated equipment has made it easier and less expensive. The newly automated hospital equipment for AIT costs from $17,000 to $30,000.

In trauma cases it takes less time to set up the AIT equipment than to type and cross-match for blood donors. Soon ambulances may be equipped with the Cell Savers. Haemonetics Corporation, manufacturer of this equipment, has recently been given a large order from the United States Armed Forces for use in the military. For civilians, the portable equipment could be equally valuable in preventing deaths from automobile carnage on the highways.

AIT prevents not only the transmission of disease but also hemolytic reactions from errors in cross-matching. Autologous transfusions decrease the demand on the

"Lay off the fast food. You're getting too McFat."

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Before signing up for major surgery in a hospital, ask your doctor if the hospital has equipment such as shown above for returning your lost blood should you need a transfusion. This Cell Saver® allows blood clots and damaged cells to be removed before recycling. Red blood cells are washed in sterile salt water before reinfusion.

blood supply, thus allowing blood bankers to be more strict about refusing to accept blood from any donors who might transmit diseases.

We believe patients should be made aware of the possibility of AIT as part of informed consent before surgery.

Sleepiness from Food Allergies?

Dear Dr. SerVaas:

Regarding your response to Nancy L. Sells [Apr. '88 *Post*] about her sister's narcolepsy-like problems, you stressed every medical condition except the one that could be the solution to her problem—food allergies. For years I suffered from similar narcolepsy-like symptoms but have been free of them for the last 20 years since finding on my own that they were caused by wheat. Even a very small amount of wheat will still cause the symptoms to recur.

Mention of this to various physicians over the years has elicited the normal nod and smile that suggests patient hypochondria. My experience suggests most physicians do not recognize narcolepsy-like symptoms as serious or possibly food related.

Recently I read an article about a woman with tomato-caused symptoms similar to mine and those of Nancy Sells' sister. I hope her sister finds that rare physician who will at least try to find if her problem is food related, or try on her own if that is what it takes.

Another problem I suffered from for years as a young person was frequent bloodshot, irritated eyes. No help was gained from several physicians. I did not realize the problem was gone until I read a medical book on gout and found gout could cause the symptoms. I had been under treatment for gout for three or four years and the symptoms had gradually disappeared. Neither the physician treating me for gout nor my ophthalmologist had recognized the problem was gout related, though each admitted knowing gout could cause the symptoms. Had my earlier physicians been more alert, my treatment for gout could have been started many years earlier.

The above suggests better methods of diagnosis are needed. Perhaps the new computer-related systems will help physicians sort out the cause of patients' symptoms and they will give earlier and better treatment for rarely seen conditions.

Robert G. Dickinson
Lakewood, Colorado

Can Anyone Help?

Dear Dr. SerVaas:

Do you have any brochures on hives? I have them about every two years. This time the doctor's treatment doesn't seem to work. They came in a "mosquito-like bump." Please help if you can.

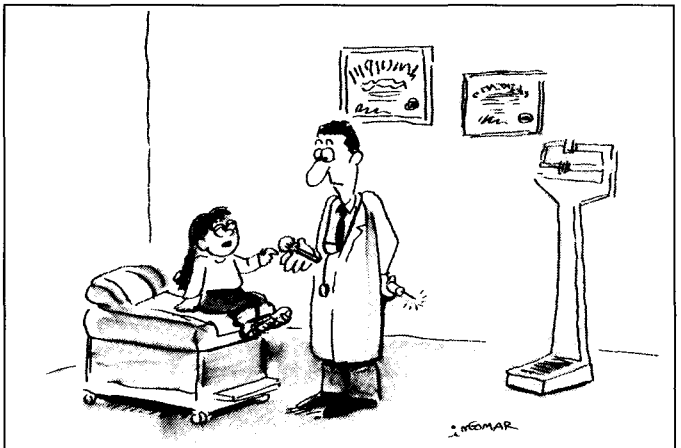
Velma Sansom
Austin, Texas

We haven't any brochures on hives. They can be due to foods people eat at certain times of the year. Shellfish, eggs, nuts, or an overindulgence in strawberries can cause hives. They can come as a result of a drug allergy, insect stings, or bites. Hives can also be the first symptom of viral infections, which can include hepatitis, infectious mononucleosis, and rubella.

Cholesterol Concern

Dear Dr. SerVaas:

My concern relates to my husband, who is 52 years of age. He is physically quite active, interested in good health. However, he has a history of heart- and cancer-related illnesses and deaths in his immediate family. I like to be con-



"Both hands on the lollipop!"

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servative and cautious. Toward the end of November, we discovered that his cholesterol level was 319.

Following some advice given in a book entitled *The Eight Week Cholesterol Cure* by Robert E. Kowalski, in roughly three weeks we got it down to 288. The measures we took were: oat-bran muffins three times a day, Nicobid tablets, and a high-fiber diet. We do have a couple of cocktails before dinner. Because of the side effects of the Nicobid, my husband stopped taking it, but we continued the other two measures. A week ago, he had the cholesterol tested again, and it is now up to 355.

Our doctor does not seem to be as concerned as I think he should be about the situation. He feels that my husband is genetically prone to a high level and that, with continued exercise, high-fiber intake, low-fat diet, and a prescription for Lopid (two capsules twice daily), he should be O.K.

Janet B. Hannis
Woodstock, New York

Levels of cholesterol above 300 mg per deciliter frequently are due to familial hypercholesterolemia (genetically determined). Usually about half of the first-degree members of the family also have very high levels of cholesterol.

It is very important to lower the level of cholesterol as much as possible. This is accomplished by diet, exercise, and medicine. We believe the ideal level of cholesterol is 150 mg per deciliter, and below 200 mg per deciliter would be acceptable. We wish you success as you continue to work toward this level with your physician.

Don't Fiddle with This Spider

Dear Dr. SerVaas:

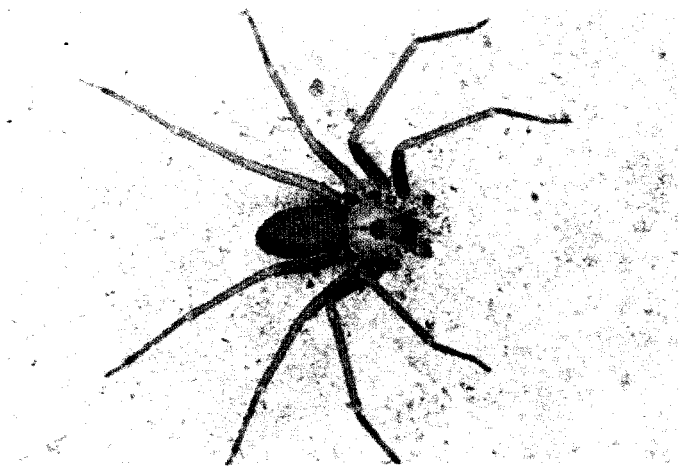
Have you ever considered doing an article on the brown recluse spider? In November 1987 my brother was bitten on the foot by this spider and is still recuperating. By the time it was recognized as being the bite of the brown recluse, he had to have surgery on the foot, was hospitalized about ten days, had to be off his foot for weeks, and eventually had to have skin grafting. He suffered much excruciating pain during the whole time. I wonder how much is known about this very poisonous spider. I have not been able to find much information about it.

I think it would be doing a great favor to farmers, and anyone else whose work kept them in the out-of-doors a lot, to have more information about the spider.

In years past, we never heard of it in these areas—only in California or Florida.

Mrs. Herbert J. Young
Frankfort, Indiana

"Have you been waiting long?"



Venom from the brown recluse or "fiddleback" spider is the most potent in the spider world. The brown recluse is usually found outdoors in rock niches or indoors in drawers or dark corners.

Brown recluse spiders are common inhabitants of the central and southern United States; however, serious bites from these spiders have been reported from almost all states. The spiders can be identified by their violin-shaped marking—hence the name "fiddleback." They are light tan to brown.

This nocturnal spider prefers a warm, dry area. It doesn't spin a web and is not aggressive. One patient we knew was sliding his arm into his coat, where a brown recluse spider was waiting for him. The victim spent several days in the hospital as a result. The bite is painless at first, and victims often do not know they have been bitten. Pain usually starts 6 to 12 hours after the bite. A red patch that may be two to ten inches in diameter then appears.

Help for a Rare Disease

Dear Dr. SerVaas:

I am writing in response to a letter in your March issue of *The Saturday Evening Post* from Mrs. Jean Meyer, Deltona, Florida, concerning her husband having Wegener's granulomatosis.

My brother-in-law has had this disease for over two years. It has damaged his lungs and liver. He also is very weak.

I wanted to tell Mrs. Meyer that there is a Dr. Harold Israel who knows Dr. Wegener. He is at Jefferson Hospital in Philadelphia, Pennsylvania. He has treated a few cases of Wegener's. She could also receive information from the National Institutes of Health, Bethesda, Maryland.

The patient has taken Cytoxan, prednisone, and Bactrim at times. He is presently on Proloprim.

I tried to telephone Mrs. Meyer, but the operator could not tell me which Meyer of the six listed there. Please pass this information on to her or send me her address.

Jack Olsen
Elmer, New Jersey

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Prevent Lung-Cancer Deaths

Your medical sleuths at the *Post* are working on an article about "lung Pap smears" for an upcoming issue. If you care about heavy smokers in your family, don't wait for our article to suggest that they consider having their sputum checked for telltale atypical cells. Our early investigations indicate that there is good reason for heavy smokers to act aggressively to catch an early lung cancer while it can be successfully removed with surgery. We went to St. Mary's Hospital in Grand Junction, Colorado, to meet with Dr. Geno Saccomanno, the godfather of the lung-Pap-smear movement. He uses an adaptation of the stain Dr. Papanicolaou developed for monitoring precancerous cells in the cervix (Pap smear).

Those wishing to have their sputum checked can do so by sending morning samples to the St. Mary's Hospital. Dr. Saccomanno prefers to read cells that have been sent in a special preservative prepared at the hospital. Anyone wishing more information about lung Pap smears for heavy smokers may write to St. Mary's Hospital, Grand Junction, Colorado.

Those who have severely atypical cells in repeated exams can have a bronchoscopic examination of the lungs. We were impressed with cases of long-term survival after early discovery and dissection of very tiny lung cancers.

Hurrah for Northwest Airlines

Let your thanks be heard in the form of ticket purchases. Take a "clean air" trip on a Northwest flight.

We predict that studies will show flight attendants and pilots will have more emphysema and lung cancer as they age. Working or frequent flying in smoke-filled cabins will be exposed as a health hazard. When lawsuits citing bad air in a working environment are lost by the airlines, we'll all win with more clean-air flights.

Alopecia Support

Dear Dr. SerVaas:

My hair is really coming out and I'm beginning to wonder if I'll lose all of it. Do you know of a vitamin that I should take that will encourage it to grow back? I'll appreciate your help.

Mrs. H. C. Byne
Griffin, Georgia

We don't know of any vitamin deficiency that causes hair loss.

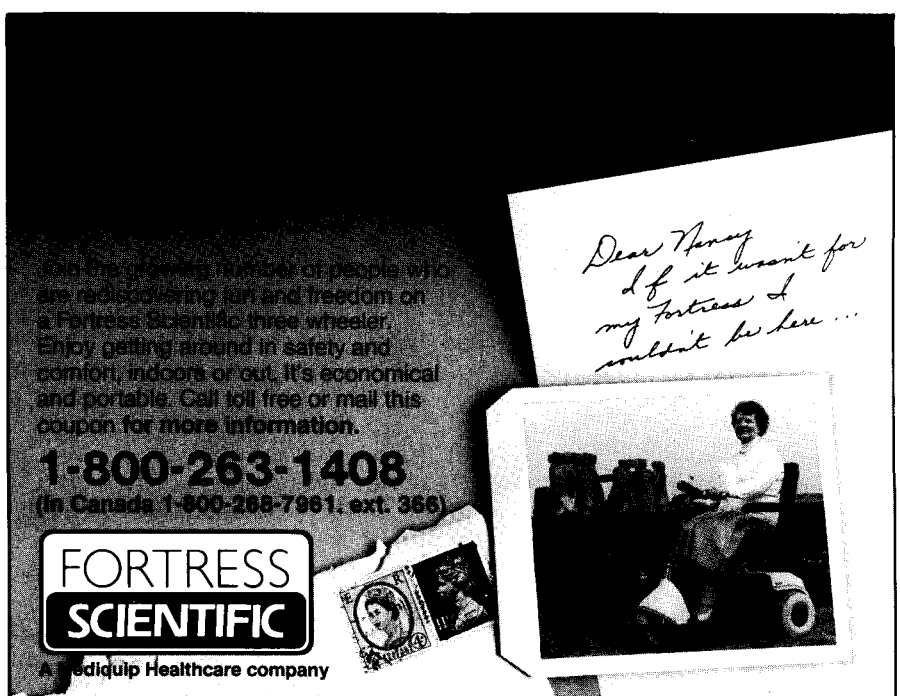
Alopecia means baldness, a partial or complete loss of hair. It may result from any of several factors, for which the cause is not usually known. These can be genetic factors, aging, or diseases affecting the hair.

Thinning of hair following a stressful illness is not the same as alopecia. It is possible that a stressful illness could trigger alopecia, however. If it is just thinning alone it is important, if possible, to remove the stress or at least minimize it and also have good nutrition. Your physician will want to check you for iron or zinc deficiency. He will also check your thyroid production.

There is a support group for alopecia. The address is:

National Alopecia Areata Foundation
714 "C" Street, Suite 202
San Rafael, CA 94901
(415) 456-4644

"Nonsense, you don't look a day over 40!"



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Taking Cities Private

continued from page 32

In exchange for limited ownership rights and either user or service fees, private companies are also financing, building, and operating dozens of wastewater treatment plants, cogeneration plants, and even major highways, without government funds.

By offering a share of profits, cities draw private capital into public projects and spread risks to the private firms. A firm can own the facility under a franchise arrangement. For example, a city will put a wastewater treatment plant up for bid. Private companies then bid on the fee they will accept in return for providing wastewater treatment. On the basis of that fee, the company can then finance the facility. The city can also sign a long-term contract for the service without giving up ownership.

"We'll take the risk of construction, we'll take the risk on operation, we'll find the technology, we'll guarantee that we'll treat all of your city's sludge for that amount of time," says Ralph Stanley, the vice chairman of Municipal Development Corporation, which financed the Fargo bridge. "The city doesn't have to raise a bond issue to do it, and the city keeps policy control."

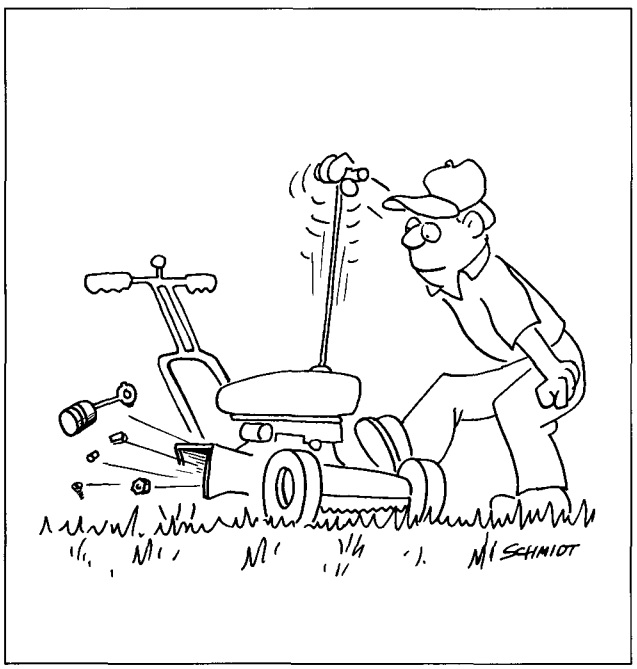
Parsons Municipal Services, Inc., is helping to design and construct a major beltway around Denver, using no state or federal money, says Robert M. Davidson, executive vice president. Tolls will contribute more than 70 percent of the cost of the highway; seed money will come from landowners, developers, and residents who stand to benefit from the road. A similar project is proposed near Washington Dulles International Airport outside the nation's capital.

• • •

User fees such as tolls make those who use government services pay for them. Funding projects with general tax revenues, by contrast, forces everyone to pay the same amount regardless of how much a service is used. The further removed the source of money is from the user, the greater the potential for waste. "Instead of [Washington] saying City A or City B should receive this or that kind of plant," Davidson says, "the cities themselves determine what their needs are, and only the real needy ones are going to spend their own money."

Cities can avoid granting private monopolies even on large projects by setting fees and performance standards. If the firm fails to perform or otherwise violates the contract, the city can pull its franchise.

Likewise in city services. Phoenix contracts out for no more than half its trash collection and other essential services and so maintains the option to step in if a contractor fails to perform. Many Rural/Metro clients maintain full or part ownership of their fire stations and equipment. "There is no need to disband the department," Turner says. But in 40 years of operation, he says, Rural/Metro has never been fired from a contract and has lost contracts only to other private firms.



Unions, particularly the American Federation of State, County and Municipal Employees and the International Association of Fire Fighters, hotly oppose privatization, arguing that cities lose control over and accountability for their services. They say it breeds corruption as well. AFSCME runs national ads that Phoenix calls "erroneous."

Proponents agree that abuses will arise if a city trades its own monopoly for a private monopoly. Safeguards, such as open bidding and sealed bids, are essential, particularly in cities where corruption has been the rule. Contracts must be carefully monitored. They say that union concerns over layoffs can be addressed and that privatization hardly relieves politicians of accountability. In fact, economists maintain that most problems with privatization can be overcome either through the contract procedure or by introducing competition at various stages in the provision of a service.

Competition tends to spread. "Some cities are going to have to privatize whether they like it or not," says Hanke at Johns Hopkins, because as more cities cut costs and improve service through privatization, they begin attracting people and businesses away from other cities. The business potential, everyone seems to agree, is huge.

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Take My Jokes

continued from page 36

Gobel is. Loud people can be funny too. Alan King and Don Rickles prove it," he says.

Perret also believes that nearly everyone can write humor if he tries hard enough. "I've seen writers who could sit at a typewriter and turn out funny material almost as quickly as they could type. But that shouldn't discourage those of us who have to work at it. It's the end result that matters. An audience doesn't care whether you had to sweat over the material or not. If it takes you and me longer to be funny, so what?"

Perret claims it's just like athletes. "Some are gifted with tremendous size and strength; others, like Pete Rose, make up for any shortcomings with hustle. Pete Rose will still make it to the Hall of Fame."

Perret thinks humor is so important he has written books on humor, including *How to Sell (Your Sense of) Humor*—a popular textbook on joke writing. In addition, he publishes *Gene Perret's Roundtable*—a monthly newsletter for comedy writers,

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comedians, and after-dinner speakers —with the help of Linda, his daughter and one of his closest friends.

"I started the newsletter after I went through an operation and came face-to-face with mortality," he says. "I began to wonder what I would leave behind. It dawned on me that I could work with some folks and maybe create some other writers, a sort of living legacy."

Perret, who travels throughout the United States as a popular banquet and convention speaker, truly believes that comedy is a precious and powerful part of American life. Someone once asked him, "Is that all you do, go around the country telling jokes?"

"No," Perret said. "I go around the country spreading laughter."

The Sea Devil

continued from page 45

The man had swung as far as he could toward the stakes. He plunged toward one and missed it by inches. His feet slipped and he went down on his knees. Then the ray swerved sharply and the second stake came right at him. He reached out with his free hand and caught it.

He caught it just above the surface, six or eight inches below high-water mark. He felt the razor-sharp barnacles bite into his hand, collapse under the pressure, drive their tiny slime-covered shell splinters deep into his flesh. He felt the pain, and he welcomed it, and he made his fingers into an iron claw that would hold until the tendons were severed or the skin was shredded from the bone. The ray felt the pressure increase with a jerk that stopped it dead in the water. For a moment all was still as the tremendous forces came into equilibrium.

Then the net slipped again, and the perimeter cord came down over the sea devil's eyes, blinding it momentarily. The great ray settled to the bottom and braced its wings against the mud and hurled itself forward and upward.

The stake was only a four-by-four of creosoted pine, and it was old. Ten thousand tides had swirled around it. Worms had bored; parasites had clung. Under the crust of barnacles it still had some heart left, but not enough. The man's grip was five feet above the floor of the bay; the leverage was too great. The stake snapped off at its base.

The ray lunged upward, dragging the man and the useless timber. The man had his lungs full of air, but when the stake snapped he thought of expelling the air and inhaling the water so as to have it finished quickly. He thought of this, but he did not do it. Then, just at the channel's edge, the ray met the porpoise, coming in.

The porpoise had fed well this night and was in no hurry, but it was a methodical creature and it intended to make a sweep around the old dock before the tide dropped too low. It had no quarrel with any ray, but it feared no fish in the sea, and when the great black shadow came rushing blindly and unavoidably, it rolled fast and struck once with its massive horizontal tail.

The blow descended on the ray's flat body with a sound like a pistol shot. It would have broken a buffalo's back, and even the sea devil was half stunned. It veered wildly and turned back toward shallow water. It passed within ten feet of the man, face down in the water. It slowed and almost stopped, wing tips moving faintly, gathering strength for another rush.

The man had heard the tremendous slap of the great mammal's tail and the snorting gasp as it plunged away. He felt the line go slack again, and he raised his dripping face, and he reached for the bottom with his feet. He found it, but now the water was up to his neck. He plucked at the noose once more with his lacerated hand, but there was no strength in his fingers. He felt the tension come back into the line as the ray began to move again, and for half a second he was tempted to throw himself backward and fight as he had been doing, pitting his strength against the vastly superior strength of the brute.

But the acceptance of imminent death had done something to his brain. It had driven out the fear, and with the fear had gone the panic. He could think now, and he knew with absolute certainty that if he was to make any use of this last chance that had been given him, it would have to be based on the one faculty that had carried man to his preeminence above all beasts, the faculty of reason. Only

continued on following page

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by using his brain could he possibly survive, and he called on his brain for a solution, and his brain responded. It offered him one.

He did not know whether his body still had the strength to carry out the brain's commands, but he began to swim forward, toward the ray that was still moving hesitantly away from the channel. He swam forward, feeling the rope go slack as he gained on the creature.

Ahead of him he saw the one remaining stake, and he made himself swim faster until he was parallel with the ray and the rope trailed behind both of them in a deep U. He swam with a surge of desperate energy that came from nowhere so that he was slightly in the lead as they came to the stake. He passed on one side of it; the ray was on the other.

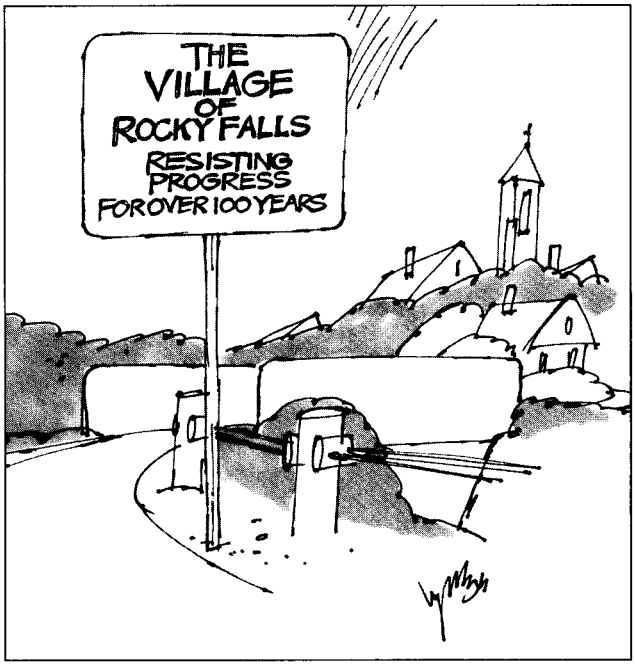
Then the man took one last deep breath, and he went down under the black water until he was sitting on the bottom of the bay. He put one foot over the line so that it passed under his bent knee. He drove both his heels into the mud, and he clutched the slimy grass with his bleeding hand, and he waited for the tension to come again.

The ray passed on the other side of the stake, moving faster now. The rope grew taut again, and it began to drag the man back toward the stake. He held his prisoned wrist close to the bottom, under his knee, and he prayed that the stake would not break. He felt the rope vibrate as the barnacles bit into it. He did not know whether the rope would crush the barnacles, or whether the barnacles would cut the rope. All he knew was that in five seconds or less he would be dragged into the stake and cut to ribbons if he tried to hold on, or drowned if he didn't.

He felt himself sliding slowly, and then faster, and suddenly the ray made a great leap forward, and the rope burned around the base of the stake, and the man's foot hit it hard. He kicked himself backward with his remaining strength, and the rope parted, and he was free.

He came slowly to the surface. Thirty feet away the sea devil made one tremendous leap and disappeared into the darkness. The man raised his wrist and looked at the frayed length of rope dangling from it. Twenty inches, perhaps. He lifted his other hand and felt the hot blood start instantly, but he didn't care. He put this hand on the stake above the barnacles and held on to the good rough, honest wood. He heard a strange noise, and realized that it was himself, sobbing.

High above, there was a droning sound, and looking up he saw the nightly plane from New Orleans inbound for Tampa. Calm and serene, it sailed, a symbol of man's proud mastery over nature. Its lights winked red and green for a moment; then it was gone.



Slowly, painfully, the man began to move through the placid water. He came to the skiff at last and climbed into it. The mullet, still alive, slapped convulsively with its tail. The man reached down with his torn hand, picked up the mullet, let it go.

He began to work on the slipknot doggedly with his teeth. His mind was almost a blank, but not quite. He knew one thing. He knew he would do no more casting alone at night. Not in the dark of the moon. No, not he.

Moving Parts

continued from page 47

I could mention the wheelbarrow that delights in picking up honeylocust thorns in its pneumatic tire. And the air conditioner we finally gave up on and use only to help heat our house during those times when the thermostat and oil furnace are not on speaking terms. And the sweeper with chronic emphysema since swallowing our grandson's cache of bubble gum stashed under the footrest on the La-Z-Boy chair. And the chain saw that was so exhausted after starting that it was about as effective as an emery board. But I won't mention them.

In fairness, I suppose I should give credit to the snowblower and the Weed Eater. Both do their thing as advertised. The only trouble here: since buying the blower, we haven't had enough snow to cover the ground. And before I became acquainted with the quirks of the Weed Eater it ate my dear wife's prize hydrangea and leveled about four feet of her salvia bed.

Now she's hollering something from the kitchen. What am I doing, she wants to know.

"I'm writing an article on moving parts," I holler back.

"Well, move your parts out here and look at this clock-radio," she yells. "The clock has stopped."

So after I spend a half-hour with a nail file trying unsuccessfully to remove the back, she asks, "Well, what are you going to do with it?"

Oh, that that dear woman's mouth was just a little wider.

Spring Salads

continued from page 81

2 cups thinly sliced zucchini or yellow squash
½ pound rotelle or other pasta, cooked al dente *and drained*
1 ounce (¼ cup) sliced almonds, preferably toasted

Preheat broiler. Cut each pepper lengthwise into 4 pieces. Discard stems and seeds. Set pieces on aluminum foil and place about 4″ from broiler element. Broil until skin is well charred. Put into plastic bag using tongs; seal and let peppers steam 5 minutes. Rinse under cool water, and peel off and discard skins.

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Put peppers, tomato, parsley, vinegar, oil, and Mrs. Dash Extra Spicy in blender or food processor. Process to make coarse purée. Set aside.

Heat 1" water in medium saucepan fitted with vegetable steamer. Steam zucchini just until tender. Drain and set aside.

In bowl combine pasta, zucchini, and half of tomato sauce. Spoon onto individual dishes and sprinkle with sliced almonds. Serve warm.

West Indies Salad
(Makes 4 servings)

1 Vidalia onion, finely chopped
1 pound crabmeat
4 ounces salad oil
4 ounces cider vinegar
4 ounces ice water
Salt, if desired, and pepper to taste

It is important to follow each step explicitly. Place half of chopped onion in bowl. Carefully remove any shell from crabmeat and add to bowl. Add rest of onion. Pour oil over crabmeat and onion. Pour cider vinegar, then ice water. Toss slightly; do not stir. Marinate in refrigerator 4-6 hours.

Onion, Tomato, and Cucumber Salad in Italian Dressing
(Makes 4-6 servings)

1 Vidalia onion, sliced
6 tomatoes, peeled and sliced
2 cucumbers, sliced
¼ cup Italian dressing

Combine all vegetables in salad bowl. Add Italian dressing. Refrigerate until ready to serve.

Vidalia Onion and Spinach Salad

1 large Vidalia onion, chopped
½ pound washed and chopped fresh spinach
2 tomatoes, cut in pieces
¼ pound sliced fresh mushrooms
Sliced hard-boiled eggs, if desired

Place all in salad bowl. Pour on favorite salad dressing and toss.

Orange and Onion Salad

1 large Vidalia onion
2 large oranges, peeled
¼ teaspoon salt, if desired
¼ teaspoon oregano
¼ cup salad oil
1 tablespoon orange juice
1 tablespoon fresh lemon juice
Lettuce
2 tablespoons sliced black olives
Coarsely ground black pepper

Cut onion into 8 thin slices. Cut oranges into 6 slices each. Place onion and oranges in glass dish and marinate 30 minutes in mixture of salt, oregano, oil, and juices. Arrange on lettuce; alternate 3 orange slices and 4 onion slices. Top with remaining marinade and olives. Sprinkle with pepper.

Summer Special Salad

Vidalia onions, thinly sliced
Tomatoes, sliced
¼ cup salad oil
1 tablespoon lemon juice
½ teaspoon minced garlic
½ teaspoon salt
½ teaspoon oregano leaves

Marinate onions and tomatoes in remaining ingredients at least 3 hours.

Caesar Salad
(Makes 6 servings)

2 cups water
1 egg, at room temperature
½ cup olive oil or salad oil
1 clove garlic, halved
2 slices bread, cubed
2 heads romaine lettuce, torn into bite-size pieces
½ cup grated Parmesan cheese
2 tablespoons lemon juice
1 can (2 oz.) anchovy fillets, drained and chopped
¼ teaspoon cracked pepper

In small saucepan over high heat, heat water to boiling. Add egg in shell; cover and remove from heat. Let stand 1 minute. Remove egg from water; cool.

In 10" skillet over medium heat, in ¼ cup hot oil, cook garlic until golden. Discard garlic. Add bread cubes to hot oil. Cook until cubes are crisp and golden; stir often. Drain on paper towels; set aside.

Just before serving, in large salad bowl, combine romaine and remaining ¼ cup oil; toss gently to coat. Add cheese, lemon juice, anchovies, and pepper; toss gently. Break egg over salad; toss gently until all traces of egg disappear. Garnish salad with bread cubes; serve immediately.

Get the Best of
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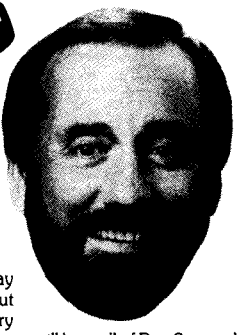

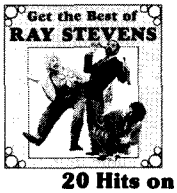

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The Right Choice

continued from page 38

quickly traded for a more healthful regimen of fresh fruit, whole-grain breads, and yogurt.

Although I couldn't share the physical burden of her pregnancy, I was determined to support Janeen in every other way. We attended childbirth classes together, and I marveled at all I learned. Too well I remembered my own three deliveries: I was drugged at the first sign of pain and was awakened hours later with a baby. I had been so ignorant of the changes going on in my body. But this was another generation, a new age, and vital information was shared openly during each of our class sessions. We learned, for instance, that by the time a woman has missed a menstrual period, the baby's digestive and backbone systems are developing, and the foundations of all the baby's organs are laid. Even the arms and legs have begun to form. The brain develops in the last 3 months, and the effects of medication taken by the mother during labor can stay with the baby for up to 18 months. How I wished someone had told me that years ago!

As "our" pregnancy continued, I noticed my daughter maturing in wonderful ways. Far beyond the obvious physical changes, Janeen began experiencing mental and spiritual growth. She became increasingly sensitive to the tiny being developing inside her. One Sunday afternoon I walked into the den and saw her standing by a window looking out on the sunny autumn day, stroking her tummy and singing a soft lullaby.

Some anxiety—hers and mine—surfaced as her due date approached. She prayed for a quick delivery because she was afraid of the pain. One mild afternoon in December the prayers began to be answered. She called me at work, and I dashed home in record time. I found her taking a leisurely shower and preparing for her hospital stay. She felt so good that it was all I could do to convince her that she really *was* in labor and that we really *did* have to hurry. She agreed—on the condition that we stop for a snack en route to the hospital.

The doctor barely arrived in time for the delivery. I was in the birthing room throughout Janeen's labor, and together we applied all we had learned during the childbirth classes.

"Pray for me!" she cried as I held her hand and helped her coordinate her deep breaths with her pushes.

Without so much as an aspirin, Janeen delivered Skyler Wayne in just three hours. His presence had an immediate effect on his proud mother. The magnitude of her responsibility quickly overwhelmed her, and right behind it swept a more powerful emotion that strikes new parents: the wonder of creation. She vowed to take her commission one day at a time and be the best mother possible. I made a similar commitment; I promised to help Janeen adjust to her new duties and to share in the care of this lively bundle she had just delivered to us. After all, I had had plenty of experience with diapers, formula, and 3 a.m. feedings. In return, I happily anticipated the months and years of "Skyler firsts" that stretched before us. There would be Skyler's first tooth, first word, first step, first Christmas, first day of school.

Of course, not all "firsts" would be pleasant ones. Skyler's first encounter with pain came too quickly. He had a lactose intolerance that took the doctors months to diagnose while he doubled up his knees to ease the hurt in his tummy. His first swim had to be postponed: just as I had lined up someone to teach him how to maneuver in water, we discovered that he had swimmer's ear, which meant he had to keep his ears away from water. His first childhood illness was chickenpox, and he was covered with sores from his scalp to his toes. I relearned patience, as his mom learned it for the first time.

His first word was "Dada," even though there wasn't one close at hand. His grandpa, "Papa," filled the need. "Mama" came soon after, more as a demand than a request. His mom was thrilled.

Next we encountered Skyler's curiosity as he began to crawl and walk. Cabinet locks were installed, doors were kept closed, and gates were hastily purchased. His first real "ouch" was a cement burn gained by trying to climb down the front-porch steps solo.

In his first two years of life he has changed our home from an ordinary house to the only place we want to be. He surprises us daily with his vocabulary. His laughter is like a healing balm at the end of each workday. His eagerness to learn the simplest tasks, such as brushing his teeth, causes a weary grandmother to feel blessed to participate in this once-mundane ritual. He hides his shoes in the trash and eats blueberry muffins in his grandparents' bed, propped up on a pillow, but he is adored anyway.

The love he has shared has been so encompassing that his mother's best friend has changed her mind about abortion and now anticipates a child of her own. Three other pregnant acquaintances—those who wanted Janeen to abort Skyler—have told Janeen that they have no plans to abort. Lives have been spared because Janeen chose to complete her pregnancy.

The decision to have Skyler took courage and sacrifice. I have seen my daughter mature from an irresponsible girl into a loving woman as a result of the choice she made. It has brought our family closer; even Skyler's grandparents are closer.

We feel that God has turned a difficult situation around and has given us a wonderful gift. Fortunately for me, I get to hold that gift for hours every day.

"We've had the strangest burglary while you were at school, son. All they took were your music videos."

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HEARTBEAT

The Healthy Heart Report

CHOLESTEROL: BE AWARE OF YOUR RATIO!

Even with a "safe" level of total cholesterol, there are still several ways that your risk of coronary artery disease may be too high.

by Kenneth H. Cooper, M.D., M.P.H.

Illustrated by Marcus Hamilton

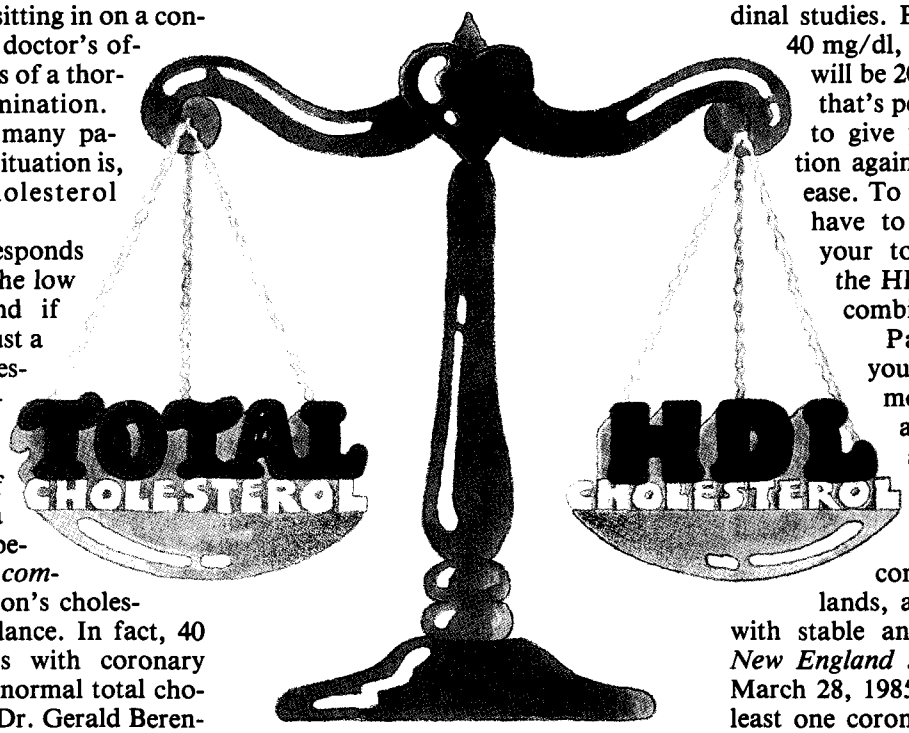
Assume you're sitting in on a conversation in a doctor's office about the results of a thorough blood examination. The first question many patients ask in such a situation is, "What's my cholesterol level?"

If the doctor responds that the level is in the low 200s or below—and if the patient knows just a little bit about cholesterol—you'll probably hear a big sigh of relief.

But this sense of well-being may be a bit premature—especially if any of the *components* of the person's cholesterol are out of balance. In fact, 40 percent of patients with coronary artery disease have normal total cholesterol levels, says Dr. Gerald Berenson, the director of the Bogalusa Heart Study and the head of Louisiana State University's Specialized Center of Research on Atherosclerosis.

Even with a "safe" level of total cholesterol, there are still several ways that your risk of coronary artery disease may be too high. One major set of problems may involve some of the possible "heroes" in your cholesterol scenario—namely, the high-density lipoproteins, or HDLs.

There are two factors we need to consider in evaluating the role of the HDLs. First, the level of HDLs in your blood is an important factor all by itself. If the HDL level is unusually low, your risk of cardiovascular disease may increase dramatically.



On the other hand, if your HDLs are relatively high, you can expect to have some degree of protection against atherosclerosis.

Second, the HDLs are important as they relate to the total cholesterol levels. Specifically, it's important for the *ratio* of your total cholesterol to your HDL cholesterol to be *below* certain levels. The higher your ratio is, the greater your risk of having a cardiovascular problem. In short, as far as your ratio is concerned, the lower, the better!

For example, in men, it's important to keep this ratio below 4.6. So, suppose you are a man and your total cholesterol count is 200 mg/dl—not a bad level according to many longitudinal studies. But if your HDLs are 40 mg/dl, that means your ratio will be 200/40 or 5.0—a figure that's perhaps a little too high to give you adequate protection against cardiovascular disease. To drop your rate, you'll have to take steps to lower your total cholesterol, raise the HDL level, or rely on a combination of both.

Paying attention to your ratio becomes even more important if you already have been diagnosed as having coronary-artery disease. In the Leiden Intervention Trial conducted in the Netherlands, a study of 39 patients with stable angina reported in the *New England Journal of Medicine*, March 28, 1985, each patient had at least one coronary artery more than 50 percent obstructed. All were placed on a strict vegetarian diet, with fewer than 100 mg of cholesterol per day, and then they were followed for two years.

During that time, their body weights decreased, their cholesterol levels dropped, and their total cholesterol/HDL ratios all decreased. Twenty-four months later, the researchers once again examined all 39 patients, using computer-assisted coronary angiography.

In 21 of the 39 patients, there was progression of the disease, whereas in 18 of the patients, lesions associated with the disease failed to grow. Furthermore, changes in the coronary lesions didn't correlate with changes in blood pressure, smoking habits, alco-

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hol intake, weight loss, or drug therapy. But there *was* a correlation between coronary artery disease and the ratio.

Specifically, disease progression occurred in those patients who had cholesterol/HDL ratios above 6.9 throughout the 24 months. And the researchers observed no coronary lesion growth in patients who had a cholesterol/HDL ratio less than 6.9. Likewise, there was no progression of disease in those who initially had values above 6.9 but then were able to significantly lower them by dietary intervention.

The moral of this story is that *if you already have been diagnosed as having coronary artery disease, you must resort to whatever means are necessary to lower your cholesterol/HDL ratio to less than 6.9.* One way this can be accomplished is by increasing your HDL cholesterol level, and an excellent approach is through exercise. (See "How to Control Your Cholesterol," *SEP* April '88.) But first, it's important to understand a little more about HDLs and also about the ratio.

The exact way that the HDLs work in your blood is not clear. They may act independently as a kind of "hero" or "garbage-removal agent," which cleans the excess, plaque-forming LDLs and Apolipoprotein Bs, or Apo Bs, out of the blood. Somehow, according to this view, the HDLs may take the LDLs and Apo Bs back to the liver for final disposal before they can do any damage to the blood vessels.

On the other hand, a second theory says the HDLs may not be particularly active at all. Their presence may simply *signal* the fact that the LDLs and other fatty remnants in the blood are being cleaned out through some other means.

Whatever their particular role, the HDLs and the total cholesterol/HDL cholesterol ratio are very important indicators of your risk of cardiovascular disease. To help us in this discussion, here is that portion of the Cardiovascular Disease Risk Chart showing the risk ranges for these two lipid factors.

Now let's consider this HDL issue with a practical example.

A patient whom I will call Mike came to our clinic in 1979, when he was 47 years of age. For his age, he seemed in relatively good physical condition. His 213-pound frame consisted of 18.24 percent body fat—a level we regard as well within normal limits, particularly considering his weight. His total cholesterol level wasn't bad either—192 mg/dl. We checked him out with both a resting and a stress electrocardiogram, and they came out normal.

But then potential problems began to emerge as we focused on his laboratory results. His HDL level was 30 and his total cholesterol/HDL cholesterol ratio was 6.4—both figures in the "high risk" categories.

Even though Mike felt fine and had no signs or symptoms of heart disease, he was still worried because there was a strong history of heart disease in his family. His father had suffered his first heart attack at age 53 and had died at age 56, following a second heart attack.

In light of his family background, I agreed with Mike that we should take some precautionary measures. And caution seemed appropriate in view of his below-normal HDL level and the elevated ratio. So I put him on a special diet and increased his exercise in an effort to get his cholesterol in better balance. I also suggested that the use of certain drugs might help him.

In many ways, Mike was the "perfect" patient, in that he adhered exactly to the program I prescribed for him—with one exception: he preferred not to try any drugs to control his cholesterol. In fact, when he returned one year later, his weight had dropped 15 pounds, and his body fat was down to 15 percent. But his cholesterol situation was getting worse. His total cholesterol went up from 192 to 213, and his HDL cholesterol went down to 28, to give him a ratio of 7.6.

Still, he wasn't displaying any symptoms of cardiovascular disease, and his resting and exercise electrocardiograms continued to be normal. So, despite our advice, he still resisted using drugs at this point. Instead, he restricted his low-fat, low-cholesterol diet even more.

When Mike returned a year later, at age 49, he had managed to maintain his weight, and his total cholesterol had dropped back to a more

continued on page 106

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The Cardiovascular Disease Risk Chart for Cholesterol and Lipid Levels

		Excellent Protection 25th percentile (no changes necessary)		*Moderate Risk* 50th percentile (see physician for diet and exercise program)		*High Risk* 75th percentile (consult physician for diet and/or drug therapy)		*Very High Risk* 90th percentile (seek immediate medical attention)	
Lipids	Age (yrs)	M	F	M	F	M	F*	M	F
HDL	20-39	►51	►63	37-51	45-63	◄37	◄45	----	
Cholesterol	40-59	►52	►69	37-52	49-69	◄37	◄49	----	
mg/dl	60+	►60	►74	40-60	50-74	◄40	◄50	----	
Total	20-39	3.6-2.3	2.8-1.9	5.1-3.7	3.6-2.9	6.1-5.2	4.2-3.7	►6.1	►4.2
Cholesterol/	40-59	4.2-2.6	3.0-2.0	6.0-4.3	4.0-3.1	7.4-6.1	4.9-4.1	►7.4	►4.9
HDL ratio	60+	4.0-2.5	3.2-2.0	6.0-4.1	4.8-3.3	6.9-6.1	5.5-4.9	►6.9	►5.5

M = Male F = Female ► = "more than" ◄ = "less than"

*Due to the lack of data, one may question whether HDL cholesterol levels in women in this range truly mean High Risk. However, at this time, this is the best estimate of risk.

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TOPIC: Cholesterol
SPEAKER: Stephen R. Yarnall, M.D., Fellow of the American College of Cardiology

THE FIRST THING I ASK MY PATIENTS IS, "WHAT DO YOU EAT FOR BREAKFAST?"

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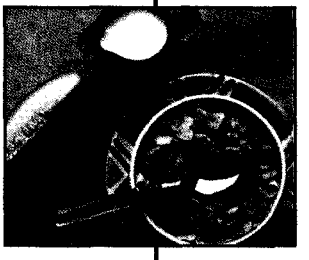
THE BAD NEWS:
A cardiologist like Dr. Stephen Yarnall sees patients every day with heart problems caused by too much cholesterol in the blood and arteries. "And, the problem often begins with breakfast," Dr. Yarnall explains. "Think of the popularity of fatty breakfast foods. A diet high in saturated fats stimulates the liver to supply the blood with cholesterol, and can keep the cholesterol level high throughout the day."
The worrisome fact is that over fifty percent of adult Americans have elevated cholesterol levels. That could very likely mean you.

THE GOOD NEWS:
Yes, there is good news. If breakfast is part of the problem, then it could be part of the solution. It's recently been discovered that lowering the cholesterol in your blood may not only delay the progression of atherosclerosis (cholesterol-clogged arteries), but may actually *reverse* the process, and improve your chances of avoiding a heart attack, stroke, or other cardiovascular problems. That low fat, low cholesterol diet can very logically begin with breakfast.

SO WHAT CAN YOU EAT FOR BREAKFAST?
One of the most satisfying, easiest and healthiest breakfasts you can eat is cereal with skim milk, and fruit. It helps you make it through the morning, and gives you the variety you need to stick with it. In fact, for people who want to lose weight and/or attack a cholesterol problem, Dr. Yarnall surprised us by even suggesting "Eat breakfast twice a day."

This message is brought to you by Kellogg's, where a healthy breakfast starts.



For more information on lowering cholesterol, including a Health Passport from The American Health Foundation, a special brochure on cholesterol, and coupons for Kellogg's cereals, write to: Kellogg's Healthy Life, P.O. Box 5452, Kalamazoo, MI 49003-5452

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Cholesterol

continued from page 103

acceptable 197 mg/dl. His HDL cholesterol level had come up slightly to 32 mg/dl, to give him a better ratio of 6.2—although this ratio was still higher than we wanted. Overall, Mike's exercise program was putting him in even better physical condition.

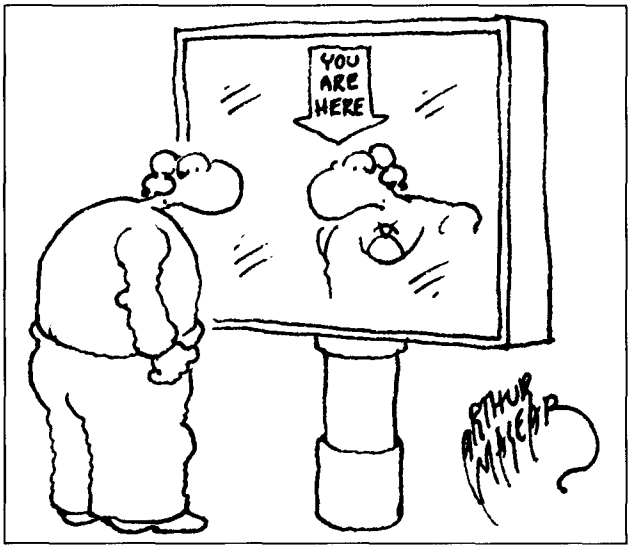
At this point, we were beginning to think that Mike might be one of those people with genetically low HDLs, which don't respond to a lifestyle-changing program. Normally, if a person is on a regular aerobic exercise program, such activity tends to elevate the HDL levels. In fact, exercise is probably the most effective thing available to elevate the HDL cholesterol levels. But despite Mike's exercise regimen and his obvious improvement in conditioning—as evidenced by his outstanding performance on the treadmill stress test—his HDL cholesterol level remained relatively low.

Unfortunately, the advice we had given him about the need for drugs turned out to be correct. Mike suffered a major heart attack just a few months after his third physical exam. At the time, he was only 50 years of age. About a month later, he underwent a coronary arteriogram. The pictures taken of his heart and coronary arteries showed that one coronary artery was completely obstructed, and two others were 30 to 40 percent obstructed.

When Mike returned to the clinic a couple of months after his heart attack, we started him on a slowly progressive cardiac rehabilitation program. As a result, his weight dropped even lower, to 192 pounds. In addition, this time he was placed on the lipid-lowering drug Lopid. Soon his total cholesterol level had dropped to 156 mg/dl. But unfortunately, his HDLs went down as well, to 23 mg/dl. This gave him a ratio of 6.78, again a figure that continued to trouble us. So he became even more aggressive with his diet and lifestyle program.

When Mike was tested eight months later, at age 51, he had responded well. His weight had gone down again, to 186 pounds, and his body fat was now at 12 percent. Even a well-conditioned athlete would have been pleased with these results. But his total cholesterol level was again up to 198 mg/dl, and with an HDL level of 27, his ratio was 7.3.

Soon after this, I took him off Lopid and placed him on a combination of the cholesterol-lowering drug colestipol hydrochloride (Colestid) and niacin. This change seemed to help. His total cholesterol/HDL cholesterol ratio is too high. But at least he's showing some progress in getting his cholesterol in better balance. If he does eventually enjoy a long life, at least two things will have done a great deal to help him accomplish this goal: his willingness to work closely with his physicians to correct a troublesome cholesterol problem, and the availability of certain modern drugs. When the problem is one of genetics, as indicated in Mike's case, drugs are nearly always required.



What other lessons can we learn from Mike's situation?

The National Institutes of Health, and also a number of the major longitudinal studies, indicate that a total cholesterol of less than 200 mg/dl should provide significant protection against cardiovascular disease. But Mike's experience demonstrates that it's also absolutely essential to look at all parts of the cholesterol picture—including the very important ratio.

It has been said that "heart attacks do not occur in people who have total cholesterol levels under 150 mg/dl." But let me give you an example that questions the accuracy of that statement. I had followed one man at our clinic for more than five years. His cholesterol ranged from 140 to 185 mg/dl, and at the time of a massive heart attack at age 61, his total cholesterol was 147 mg/dl. Only a six-vessel bypass procedure saved his life.

When you look beyond the total cholesterol level, you begin to see this man's real problem. His HDLs had been extremely low, ranging from 20 to 22 mg/dl. As a result, his total cholesterol/HDL cholesterol ratio stayed above 7.0. In this executive's case, as in Mike's, the most dangerous, life-threatening factor seemed to be the HDL level and the ratio, *not* the total cholesterol level.

• • •

Clearly, then, high-density lipoproteins play a major role in our arteriosclerosis/heart disease scenario. But even as we present these examples, I should add that there's still a great deal that we don't know about HDLs and the various proteins and lipids which are associated with them. Even now, research is under way on several fronts to expand our knowledge in these areas. It's important that you understand something about these efforts so that you can know what to expect in the future.

For example, research in recent years has shown that there may be better indicators of protection against cardiovascular disease in the blood than the level of the HDL cholesterol.

One line of investigation has focused on what's called the "subfractions" of the HDL, including a component labeled HDL-2. This component is rather difficult to measure, and at present evaluations are limited to research laboratories. Still, the HDL-2 has become one of the front runners for the title of "hero" in preventing clogging of the arteries.

Studies have shown that HDL-2 levels are low in the presence of cardiovascular disease. This subfraction tends to be significantly higher in the blood of women. Interestingly, HDL-2 is the component in HDL that increases significantly in the blood of runners and others involved in aerobic exercise.

The HDL-2 subfraction of the HDL seems to perform a special beneficial role that other subfractions

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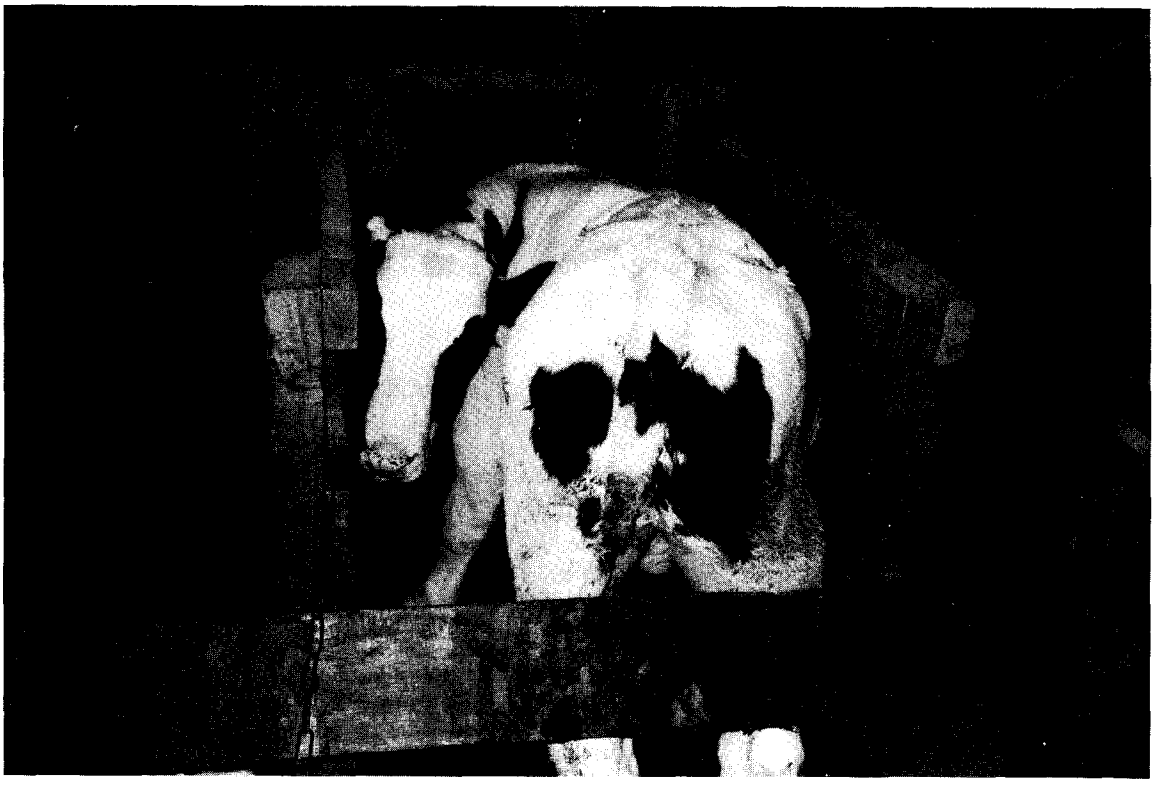
Q: Why can't this veal calf walk?



A: He has only two feet.

Actually, less than two feet. Twenty two inches to be exact. His entire life is spent chained in a wooden box measuring only 22 inches wide and 56 inches long. The box is so small that the calf can't walk or even turn around.

Most people think animal abuse is illegal. It isn't. In veal factories, it's business as usual. "Milk-fed" veal is obtained by making a calf anemic. The calf is *not* fed mother's milk. He's fed an antibiotic laced formula that causes severe diarrhea. He must lie in his own excrement —choking on the ammonia gases. He's chained in a darkened building with hundreds of other baby calves suffering the same fate. They are immobilized, sick, and anemic.

Toxic Veal

The reckless use of oxytetracycline, mold inhibiting chemicals, chloramphenicol, neomycin, penicillin, and other drugs is not just bad for calves. It is toxic to you.

But doesn't the USDA prevent tainted veal from being sold? Absolutely not. The USDA itself admits that most veal is never checked for toxic residue.

Antibiotics in veal and other factory farm products create virulent strains of bacteria that wreak havoc on human health. *Salmonella* poisoning is reaching epidemic proportions.

Veal factories maximize profits for agribusiness drug companies because they are a breeding ground for disease. To keep calves alive under such torturous conditions, they are *continually* given drugs which are passed on to consumers.

It doesn't have to be this way. And with your help, it won't be. Please, don't buy veal!

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don't perform. For example, another subfraction, HDL-3, may or may not be related to cardiovascular disease. And, interestingly, this HDL-3 subfraction shows no clear relationship to aerobic exercise. But the HDL-3 level tends to increase with the consumption of alcoholic beverages.

So what should we conclude about these subfractions of the HDL?

The jury is still out on this issue. But I feel that the total HDL cholesterol is probably a better predictor of cardiovascular disease and atherosclerosis than either of the HDL subfractions.

An even more promising risk indicator of cardiovascular disease may be apolipoprotein A-I, or Apo A-I. A number of studies, including one reported in the August 18, 1983, issue of the *New England Journal of Medicine*, have concluded that Apo A-I is "by itself . . . more useful than HDL cholesterol for identifying patients with coronary-artery disease."

How does Apo A-I work? It attaches itself to the HDL, much as the Apo B does with the LDL. But the Apo A-I is definitely a "hero," in contrast to the Apo B, which is one of our major "villains." The Apo B contributes to the buildup of life-threatening plaque in our blood vessels. This Apo A-I, on the other hand, apparently takes used cholesterol out of the body's cells and blood. Then it wraps up the cholesterol and transports it back to the liver for final disposal. There's still considerable discussion over exactly how the Apo A-I works, and any final word on this topic must await further research.

The measurement of the blood level of the enzyme HGM-CoA-Reductase is another promising field of research. Since the level of this enzyme is the best indicator of the amount of cholesterol being produced in the body, its measurement may be invaluable in controlling arteriosclerosis.

So stay tuned! In the next few years, the information on apolipoproteins, the subfractions of HDL, and the enzyme HMG-CoA-Reductase will almost certainly increase dramatically, as will our ability to routinely test for their presence in our blood.

Irradiated Food

continued from page 10

dose of food irradiation than the United States include Japan, France, Canada, the Soviet Union, the Netherlands, Belgium, Brazil, Israel, South Africa, Chile, and 23 other countries. The medium dosage levels these countries use kill more organisms and extend shelf lives longer than the low dosages used in the United States that mainly kill insects. American food exporters worry that we may soon be at a competitive disadvantage over this issue. Food importers worry that the disparity will preclude sales of certain foods in the United States.

Even irradiation's severest critics agree that the problem is not that the food is made radioactive, a common misconception. Rather, they feel that the food has been chemically altered in a way that may make it unsafe to eat over time. When beef is irradiated at 50 times the current U.S. maximum, for example, 65 byproducts are found. Ninety percent of these, however, are also found in nonirradiated food. The 10 percent of byproducts unique to irradiated foods (unique radiolytic products or URPs) form the biggest bone of contention. The FDA claims that URPs are created in such small quantities and are so similar to other safe byproducts that they should be considered harmless.

George Pauli, an FDA consumer safety officer, states, "At irradiation levels currently allowed, the total URPs created in a food would never exceed three parts per million. Any single URP, therefore, would be measured in parts per billion. No URP we have found to date is radically different from what is normally found in cooked foods."

FDA studies also point out that freezing, frying, and microwaving foods can create as many radiolytic products as irradiation. The critics agree but contend that food exposed to irradiation, even for a short time, must contend with a much more destructive energy level than that found in traditional food processing.

Such controversies make it important for the consumer to become educated about irradiation. Different dosages are used with different foods to achieve different results. Beyond a certain dosage, the taste and texture of a treated food can be affected. The trick is to use enough irradiation to treat a particular food, but not so much that taste and texture are changed. In any case, the less irradiation used, the fewer URPs created.

To promote irradiation, Congress has given the Department of Energy permission to build six irradiation plants. The plants will be located in Iowa, Oklahoma, Florida, Washington, Hawaii, and Alaska. These plants will study the irradiation of such items as pork, vegetables, citrus and deciduous fruits, and fish. The planned construction of these plants has attracted the attention of the antinuclear groups. Although all agree that there is no possibility of such food plants' "melting down," critics fear for the safety of workers and neighbors. Activists are also concerned about the hazards of transporting radioactive material to these plants. Proponents point to the more than 1,000 hospital radiation-therapy units and 50 medical products irradiators that have not presented safety hazards.

There is promise and there is risk. This has always been the nuclear paradox. The promise of this technology is that man may soon be able to warehouse healthy meals for years on end, without refrigeration. What's more, some of the billions of dollars

FOODS APPROVED BY FDA FOR IRRADIATION TREATMENT

Food	Purpose	Dose Limit	Date Approved
Fruits and vegetables	To slow growth and ripening and to control insects	Up to 1 kilogray (kGy)	April 18, 1986
Dry or dehydrated herbs, spices, seeds, teas vegetable seasonings	To kill insects and control microorganisms	Up to 30 kGy	April 18, 1986
Pork	To control *Trichinella spiralis* (the parasite that causes trichinosis)	Minimum 0.3 kGy maximum of 1 kGy	July 22, 1985
White potatoes	To inhibit sprout development	50 to 150 gray	Aug. 8, 1964
Wheat, wheat flour	To control insects	200 to 500 gray	Aug. 21, 1963

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in medical expenses and lost wages caused by food-borne disease each year could be put to better use. Finally, we could reduce our dependence on chemical fumigants that leave residues and may cause cancer.

The reality is we will never have, and have never had, absolute guarantees about the food we eat. Food, or the lack of it, can already kill us or make us sick. All of us thus must decide if the devil we know is better than the devil we don't.

Battle Lines

continued from page 57

Politics?

"Not interested," he answers adamantly. "I'd rather influence things from behind the scenes."

Another health issue? Like cancer?

"Not for me. I'm not a health expert, I'm a manager. So if you've got a difficult task like a national energy policy, I'd love it. We need long-range planning groups in this country. We don't think ahead."

Perhaps a low-pressure job with no bureaucracy and no red tape attached?

"I like to beat down bureaucracy. It's my bag. When I find it, I just step on it and eliminate it. Works every time. People say, 'Well, that's the regulation.' So we change the regulation. It's simple."

For all his tough talk and his track record for excellence, the person who knows him best speaks to his soft side.

"He touches people," Sheila Watkins says. "He makes them stretch. He doesn't get involved in mediocrity. He challenges people, and when they come up to the quality he expects, they have respect not only for him but also for themselves."

Wicket Wars

continued from page 63

one," he has said. E. A. ("Ted") Prentis IV, a member of the recent U.S. Challenge Cup team, adds: "It's the sport of normal people."

But that may be going too far. Croquet fiends are different from normal people in that they have larger disposable incomes—much larger, one survey suggests. A number of businesses find this attribute attractive; that has led them to seriously consider subsidizing what would be an unusual event indeed: televised croquet. It is through TV that croquet, or any other activity, has its best chance of infiltrating all social strata.

Osborn has already lined up more than a half-dozen companies as potential sponsors of an eight-tournament professional croquet tour to be held this spring and summer. He's been aided in his task by a USCA-sponsored survey that reveals some attractive demographics about croquet players: one of four USCA members, the survey says, is a millionaire. Nearly 40 percent have household incomes of $100,000 or more.

Success as a televised sport may be a double-edged sword. Although no doubt adding considerably to the game's popularity, TV coverage would also likely result in the dilution of croquet's demographics, just as tennis' demographics were diluted in the 1970s. And who knows?—pastels might creep onto the greensward. "I'd be very unhappy to see that happen," Osborn says gravely. But that may be the price croquet must pay as more and more Americans discover the joys of "pegging out."

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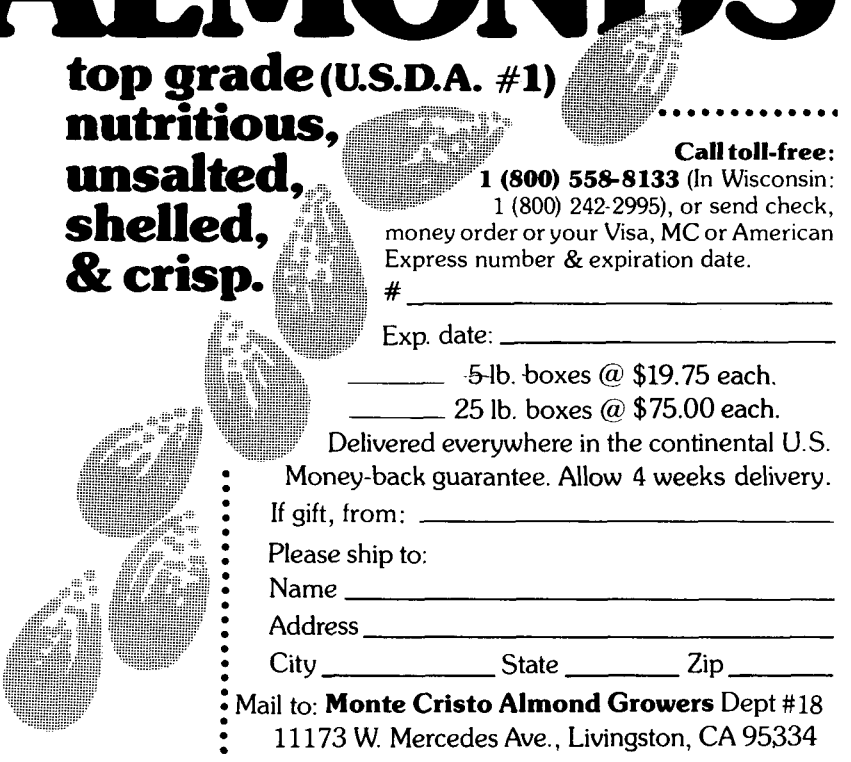

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Jimmy Stewart

continued from page 61

you *and* the audience."

Who has been the greatest influence on your acting career?

"Josh Logan," Stewart says without hesitation. "Without him I wouldn't even *be* an actor. He was completely responsible for getting me into acting." Stewart leans forward, his elbows on his knees. "It was at Princeton, and I can remember *exactly* where it was on campus when Logan told me about the University Players. I can remember as if it happened just the other day. . . ."

• • •

JAMES MAITLAND STEWART was born in the improbably named town of Indiana, Pennsylvania, on May 20, 1908. His father, Alexander Stewart, ran a hardware store, and when customers didn't have enough money to pay their bills, he'd accept something in barter. One day a down-on-its-luck carnival troupe came in and paid with an accordion. "I just started fooling around with that accordion," Stewart remembers. "Every note doesn't have to be exact. You're

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able to *fake* a lot on an accordion."

Stewart took his accordion along when he attended Princeton as an architecture major. Still interested in performing, he joined the school's prestigious acting organization, the Triangle Club. He performed in several plays written and directed by his classmate Josh Logan. Logan remembers that Stewart "genuinely liked being on stage, but it took him a long time to admit it. I finally asked him if he had ever thought about becoming an actor. 'Good God, no!' he shouted. 'I'm going to be an architect!' Well, he not only got a B.A. when he graduated, but an A.B.—Acting Bug."

"I hadn't seriously considered being an actor," Stewart recalls, "even up to that day I walked across campus en route to get my degree in architecture. I figured I'd go home in the summer and work in my father's hardware store, then go back to school and get my master's degree. That's when I ran into Josh. I suppose it was the most important moment in my life."

Logan told Stewart about the University Players, a group of unknown young actors, including Henry Fonda and Margaret Sullavan, who tried out Broadway-bound plays in a small theater in Falmouth, Massachusetts. Logan, directing the group, asked Stewart, "Why don't you come up to the theater for a few weeks this summer, bring your accordion, and play in the tearoom?" Stewart figured it would be a good idea, and he went.

"I lasted two nights in the tearoom," Stewart says with a shrug. "The people said my playing upset their appetites." Stewart hung around sweeping floors and working on props and sets until Logan finally gave him a bit part in a play. One he appeared in that summer, *Goodbye Again*, soon moved to New York. The young student-actor-architect later joined it on Broadway. "I was onstage for only a few minutes in the first act," Stewart remembers, "but I always came out for the curtain call. I could hear the audience whisper, 'Who's that?' "

Stewart decided to stay in New York, and after floundering from job to job, he landed a good part in the drama *Yellow Jack*, which put his name up in lights for the first time. Shortly after that success, he was offered a contract by MGM Studios.

MGM didn't know what to do with the lanky, 130-pound actor when he arrived at the studio in 1935. "He's a human giraffe!" one mogul cried.

The studio decided to cast the gangly actor in comedies playing dull and dependable "other men" who always lost the girl. In one such film, *Wife vs. Secretary* (1936), he played opposite the blonde bombshell Jean Harlow. "Harlow was a great kisser!" Stewart remembers enthusiastically. "We had to do a romantic scene in the movie, and I'd never been kissed that way before in my whole life. I mean, boy, when Harlow kissed you, she *kissed* you. Well . . . ah . . . you see, we had to do the scene over and over, and by the time it was filmed, I was a very exhausted young actor."

Then came the breakthrough movie —*Mr. Smith Goes to Washington*. Suddenly, the studio realized exactly what image Jimmy Stewart projected to audiences—a decent guy, an average fellow, the epitome of the honest, ideal American.

Stewart's skyrocketing career was interrupted by the Second World War, and he entered the army. Sent to flight school, he eventually became a squadron commander, flying 20 combat missions over Germany. He is too modest to talk about his war exploits. "The war was just something

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everyone did," he says. He returned a full colonel with a chestful of medals, including the Distinguished Flying Cross. (He was promoted to brigadier general in the reserves in 1959, and he retired in 1968.)

He resumed his movie career in 1945 and continued to land parts opposite the glamorous women: Marlene Dietrich—"an absolutely stunning woman"—Lana Turner, Ginger Rogers, Paulette Goddard, and Olivia de Havilland.

Although Stewart dated many of his costars, he remained the most eligible bachelor in Hollywood until 1949. At age 41, he met and married Gloria McLean and became stepfather to her two children, Ronald and Michael. Two years later Gloria gave birth to twin girls: Judy and Kelly.

The Stewarts' marriage has lasted almost four decades. Frank Capra once asked Jimmy about the quality of his marriage. "He was silent a few moments," the director said. "Then he scratched his ear and drawled, 'It's good . . . darn good . . . I guess it's that way because Gloria and I really like each other . . . and we're not afraid to show it.' "

I ask one last question: In 100 years, how would you like James Stewart to be remembered?

He pauses for a long time: "I . . . well . . . I've never been asked that before. I guess I really don't know." He thinks for a moment and then says, "People come up to me—it's happened so many times—and they say, 'I remember something you did in a movie . . . ' and they can't remember what the picture was about, or when they saw it, or even its title. What they remember is something that happened, something that *moved* them. Maybe it was just a look or a word, an action, a *tiny piece of time*. . . ." He pauses. "I guess I just . . . I just want to know I've given people a small piece of *time* they'll never forget."

He is silent and I look at him hard, thinking of the legend he is, and I remember what Bette Davis said two years ago: "There are four remaining superstars: myself, Cagney [who died in 1986], Hepburn, and—Jimmy Stewart." Then she added, "And he's the nicest."

A few minutes later Stewart opens the front door of his home for me. As I step out, another van skids to a halt in front of the house, and the fans wave wildly. I turn and look back at Stewart and he is smiling—and waving.

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WHERE IN THE WORLD?

(Answers from page 76)

A. Basaseachi Falls is found near Chihuahua, Mexico.
B. Tiffany & Co.'s headquarters is located at 57th and Fifth Avenue in New York City.
C. The Parthenon is the highlight of any trip to Athens, Greece.
D. West Lake is a major attraction of Hangzhou, China.
(Answer from April '88: **C.** Hodgenville, Kentucky)

WHERE DO YOU THINK YOU ARE?

(Answers from page 91)

1. Missouri
2. North Carolina
3. Idaho
4. Colorado
5. Mississippi
6. New Mexico
7. Florida
8. Idaho
9. Utah

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Casey

continued from page 20

Ernest Lawrence Thayer, talented as he was, was in some respects as absurdly pathetic as his mighty batsman. The truth is he went to great pains to remain anonymous, to dissociate himself from his work. Finally, he was known to have privately agreed with those critics who called *Casey* maudlin and overdramatic.

Yet *Casey* became a giant precisely because of these "flaws." And America as a nation has always loved it—the promise, the tragedy, the pathos of misplaced bravado. Perhaps that's because we've all been there and we understand. Perhaps that's why *Casey,* and its wide-eyed appeal, has been hailed as pure Americana—as compelling as a freckle-faced kid with his first baseball glove.

But not to Thayer.

His ballad first appeared on Sunday, June 3, 1888, in the fourth column of the fourth page of the *San Francisco Examiner*. Thayer didn't even sign his name to the piece. Instead, he used his college nickname, "Phin," to identify himself—a ploy that helped him remain anonymous for years.

And nobody would have known the difference if it hadn't been for a young vaudevillian who read the poem, realized its potential, and effectively incorporated *Casey* into his stage routine. In this manner he carried the saga across the nation and enthralled audiences with its drama.

That performer was William de Wolf Hopper, the husband of the Hollywood legend and columnist Hedda Hopper. He had, he admitted, fallen in love with *Casey* and, by his own count, had recited it more than 10,000 times, consistently rousing his audiences.

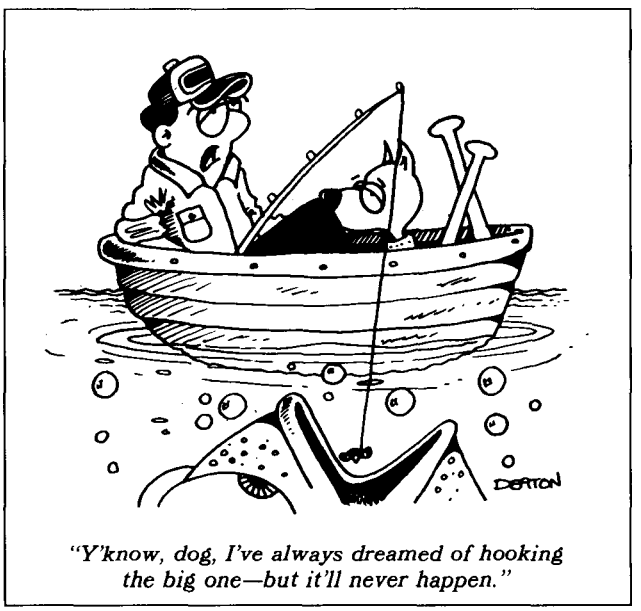
He used it first, and most dramatically, in New York's Wallack Theatre in 1888. In that audience were James Mutrie's New York Giants and Pop Anson's Chicago White Stockings, who rose, cheering, after the 5 minutes and 40 seconds—exactly—it took Hopper to deliver the verse.

By the turn of the century, as Hopper toured the country with it, and as many publications reprinted the poem, it seemed that every baseball fan in America had become familiar with the woebegone hero.

And Thayer was so embarrassed by all the fuss that when it was discovered that he was the legitimate author, he refused to discuss payments for reprint rights. And he was wealthy enough to afford this luxury.

"All I ask is never to be reminded of it again," he pleaded.

When he finally admitted authorship and personally recited his *Casey* to the man whose eloquent phrasing had helped make the poem famous, he shocked William de Wolf Hopper so badly that the vaudevillian had to be helped to a seat.



"Y'know, dog, I've always dreamed of hooking the big one—but it'll never happen."

Hopper said that Thayer's delivery of the poem was the "worst" he had ever heard. He described Thayer's mayhem this way: "In a sweet, dulcet Harvard whisper [Thayer] implored Casey to murder the umpire, and gave this cry of mass animal rage all the emphasis of a caterpillar wearing rubbers crawling on a velvet carpet."

No matter. America had adopted it as its own.

And, though Thayer continued writing verses for years, he never produced another *Casey*. Yet, he continued insisting that *Casey* was not poetry at all. Stripped bare, he said, it was merely a simple rhyme with a vigorous beat. He had wanted to write an epic that could be read quickly, understood immediately, and be laughed at by newspaper readers who enjoyed baseball. Instead, he had written an American legend.

Unlike his larger-than-life Casey, Thayer was slight, soft-spoken, and hard of hearing. Though a baseball fan, he did not play the game. He led the life of a modest, gracious, and not-too-healthy scholar. He actually retired at 49 because of poor health; he married in 1913 at the age of 50. He died in 1940 in Santa Barbara, California, where he and his wife, Rosalind Buel Hammett Thayer, lived childless for 27 years.

At his death, even such English professors as William Lyon Phelps of Yale had hailed his poem as a masterpiece. "The psychology of the hero and the psychology of the crowd," he said, "leave nothing to be desired." Then, to make certain he was not misunderstood, Phelps added: "There is more knowledge of human nature displayed in this poem than in many of the works of our psychiatrists."

That the poem captured the imagination of the American public can be attested to by the large body of works imitating or adding to the *Casey* legend.

Probably the most satisfying revision of Thayer's epic was Grantland Rice's 1906 version, called *Casey's Revenge*. Rice, then the sports editor of the *Nashville Tennessean*, allowed Casey to connect. He wrapped up the rewrite this way:

O, somewhere in this favored land
dark clouds may hide the sun,
And somewhere bands no longer
play and children have no fun.
And somewhere over blighted lives
there hangs a heavy pall,
But Mudville hearts are happy
now, for Casey hit the ball.

Finally, for the records, the intellectuals took the field with an opera about Casey by William Schuman, later president of New York's Lincoln Center. It premiered in Hartford, Connecticut, surfaced again on the CBS-TV "Omnibus" show, and even appeared on stage from Annapolis to San Francisco to Japan.

Casey was in the books—an American legend.

Thayer the author would never understand. But William de Wolf Hopper and the American public never seemed to have that problem.

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